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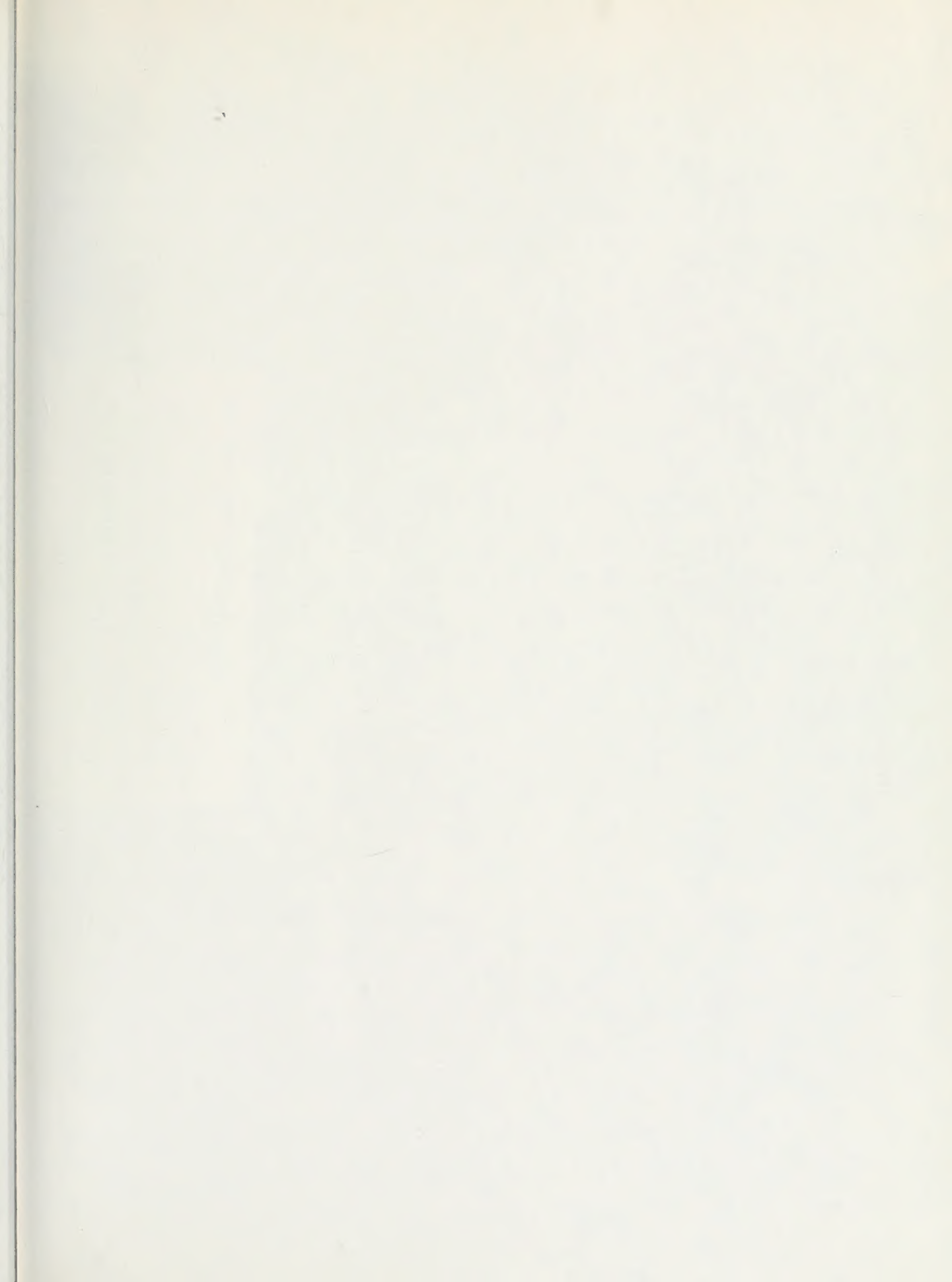
AGRICULTURE





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# Homemaking

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## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 1, 1952

### Decide "Why" to Save--Then Get Into Habit

URBANA--A New Year's resolution likely to add to the family security during 1952 is to save a portion of your income regularly. Whether savings are in the form of cash, life insurance, principal payments, or needed durable goods, they give a "cushion" for emergencies.

Mrs. Ruth C. Freeman, family economist, University of Illinois College of Agriculture, says "Families should decide what they want and then plan a savings program to fit those goals." They may want some household or farm equipment. Or perhaps they're interested in security through an increased bank balance or life insurance.

Families who reach their goals are the ones who have a regular saving habit. For those who receive income weekly or monthly, it means saving from each pay check. And families who receive income irregularly can plan to save every year a portion of their net cash income.

Encourage your children to follow similar steps so that they'll learn good money management. Then they can regularly set aside a portion of their allowances to accumulate for a certain want--a bicycle, for example.

FOR RELEASE TUESDAY, JANUARY 1, 1968

Why to Save--Then Get Into Debt

UNHANS--A New Year's resolution likely to add to the list  
during 1968 is to save a portion of your income regularly.  
savings are in the form of cash, life insurance, mutual funds,  
or needed durable goods, they give a "push" for savings.

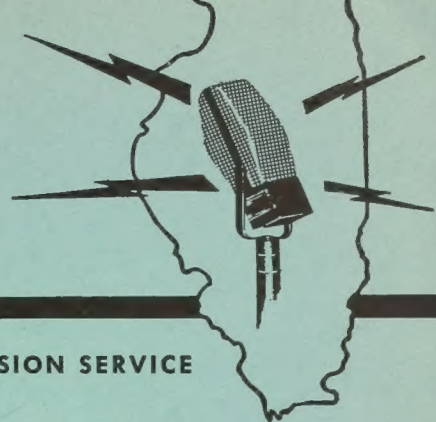
Dr. Ruth G. Freeman, family economist, University of  
College of Agriculture, says "Savings should be made  
and then plan a savings program in the home." "The  
some households or the equipment. Or perhaps they're  
securely through an increased bank balance or life insurance.  
Savings who reach their goals and the ones who have a  
savings habit. For those who receive income weekly or monthly  
savings from each pay check. The families who receive  
regularly can plan to save every dollar a portion of their pay

Encourage your children to follow similar steps as they  
earn their money. When they are ready to  
spend of their allowance to purchase for a reward.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 2, 1952

### Circular Gives Sauce Suggestions

URBANA--You're probably using many home-canned vegetables now that prices of the fresh ones are quite high. One way to add variety to these vegetables is to bring them to the table with a tasty sauce.

A University of Illinois circular "More Vegetables on Your Table" gives suggestions for five variations of a white sauce and recipes for seven other sauces.

One of these is a sour cream sauce, good with asparagus, broccoli, cabbage or snap beans. To make it, mix these ingredients in a small saucepan: A cup of sour cream, two tablespoons each of salad oil and vinegar, a tablespoon lemon juice, a half teaspoon salt, and one-fourth teaspoon pepper. Bring to the boiling point, then pour over the hot vegetables and serve immediately.

A copy of this circular--number 685--is yours on request. Just write to the University of Illinois College of Agriculture, Urbana, Illinois.





Try Tiered Shelves for Magazines

URBANA--Do magazines "clutter" your tables, shelves, or racks? Or do you hunt for several minutes each time you want a particular issue?

The answer to these frustrations may be a simple bleacher-like arrangement. Research specialist Helen E. McCullough, University of Illinois department of home economics, has developed a tiered storage arrangement that helps you identify magazines readily and grasp them easily.

A main shelf 12 inches deep will accommodate six tiers. Each tier or step is four inches higher than the previous one. And the back of each tier extends high enough to hold in place the magazines directly behind it.

When magazines are placed on these tiers, you can see the name of each one at a single glance. You'll also be able to get a magazine without taking several minutes to unstack four or five others.

One location for this arrangement may be in a section of your book shelves. You'll find that it adds a decorative note to your room.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 3, 1952

### Long-Time Creases--a Dacron Property

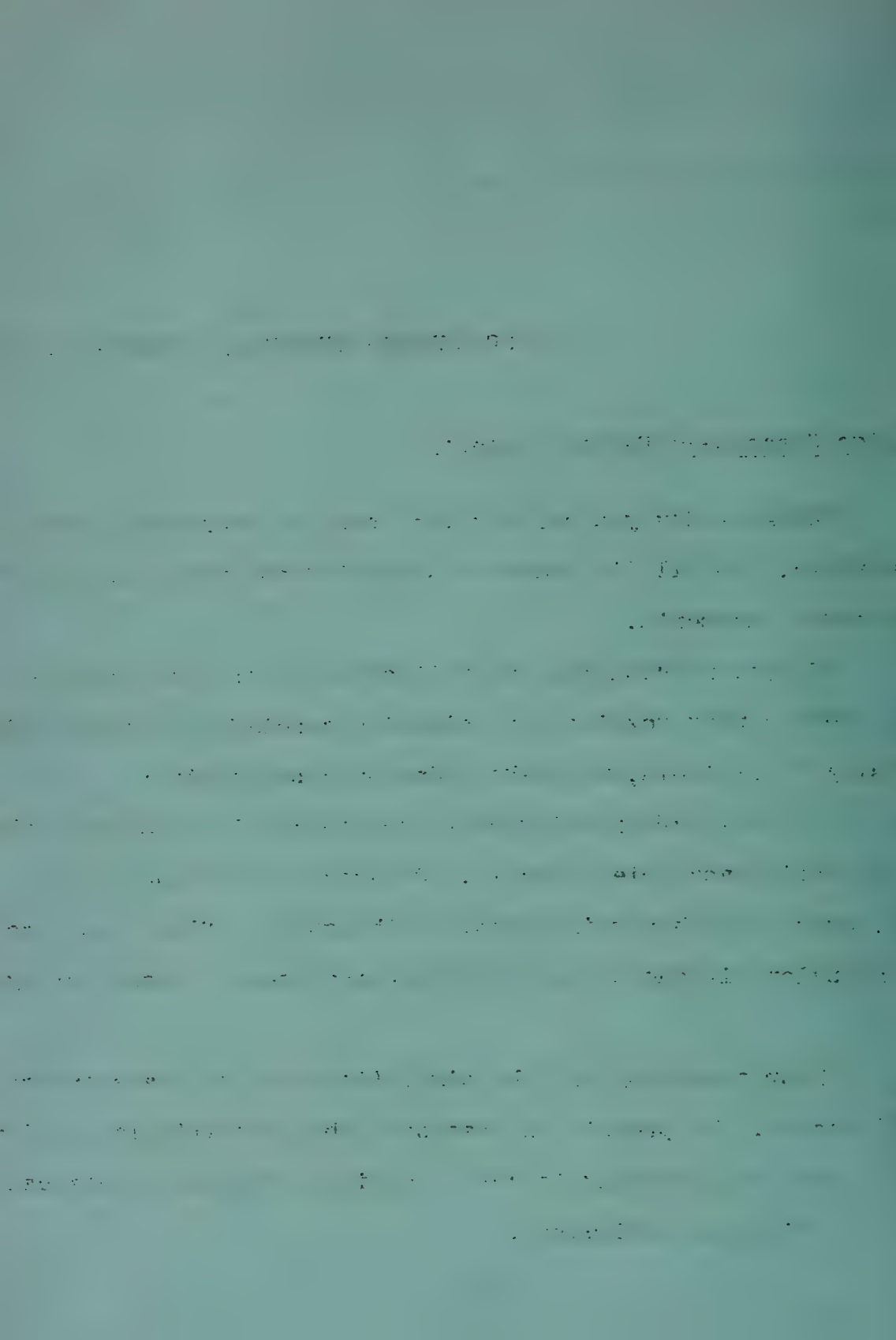
URBANA--Now you can buy the "baby" of man-made fibers at some markets. You'll find dacron as knitted and woven material in ready-to-wear garments.

If you're wondering what it offers over other synthetic fibers, here's what textiles and clothing specialist Florence King, University of Illinois, says about dacron's properties:

It feels crisp and warm to the touch; it is non-absorbent, will not shrink and dries quickly. Creases hold a long time in dacron, even through a rain storm. Although this fiber isn't so tough as nylon, it shows less wrinkling and doesn't pucker as nylon does.

Your traveling will be simplified when you have garments made of dacron. No pressing is necessary because wrinkles fall out quickly. And dry cleaning is cut to a minimum because spots can be washed off with soap and water.

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FOR RELEASE THURSDAY, JANUARY 3, 1952

(Note to Editor: This is the final story on planned grocery buying.)

Write Shopping List by Department

URBANA--A special helper for your weekly grocery shopping is a well-organized shopping list--one written according to the store department arrangement.

You'll find that you'll save steps and time with such a list because you won't have to go to another part of the store for a forgotten item or one that is misplaced on the list. To write this well-organized shopping helper, just list meats together, dairy products, fresh fruits and vegetables and canned foods.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, believes that it pays to have a shopping list because you'll remember everything you need and save time because there won't be any hesitancy about buying certain items.

But Mrs. Lamkin says: Don't let your shopping list be too rigid; you may need to make changes or substitutions within a food group because of available quality and prices.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 4, 1952

### Specialist Has Vaccination Reminders

URBANA--Do you keep records of your children's vaccinations? How do you know when they should receive their next "booster" shot or new immunization?

Miss Pauline Brimhall, health specialist, University of Illinois College of Agriculture, recommends keeping records as to the types of immunization your children receive and the dates they are given. This information is frequently requested by doctors or school authorities. And parents will have a certain peace of mind if they know when their children were vaccinated and when it must be repeated.

"Preventing communicable diseases is much easier than treating them," comments Miss Brimhall. "It costs less money, time and pain."

Infants should get original immunization against diphtheria, whooping cough and tetanus when they are between three and 10 months old. It should be given in several doses and upon the advice of your doctor.

When your children are ready to go to school and within the next five years, they should receive booster doses for these three

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100

Specialist Has Vaccination Reminders - 2

diseases. After they are 12 years old, diphtheria immunization should be given only on the advice of your family physician.

Protection against smallpox should be given during the first year of life and upon entrance to elementary and secondary schools. If your child is exposed to smallpox, this dose must be repeated--unless a successful vaccination within the past five years can be shown by health records or a scar on the arm. Remember, too, that adults should receive smallpox immunization every five or seven years.

COC:bb

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Mild-Flavored, Light Honey Plentiful

URBANA--Honey is one plentiful food for the first month of the new year.

Market reporters from the U. S. Department of Agriculture say that this season's crop is lighter in color and milder in flavor than in the average year. And stocks of alfalfa, white clover, and sweetclover honey are especially abundant.

When you use honey for cookies, breads, desserts, or other foods, try this measuring trick: Measure the fat first and then use the same cup to measure the honey. The honey will pour out quickly due to the coating of fat.

A University of Illinois circular "How to Use Honey" gives rules and recipes for the use of this plentiful sweetener. A copy is yours for the asking. Send a card to the University of Illinois College of Agriculture, Urbana, Illinois.

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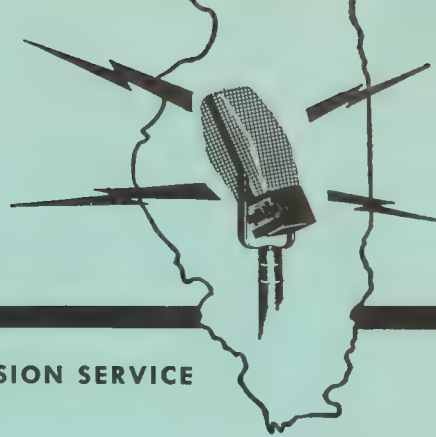
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 5, 1952

### Farm and Home Week Round-Up for Homemakers

URBANA--"More special classes" is the program outlook for homemakers during the 1952 University of Illinois Farm and Home Week January 28 to 31.

By popular demand, the number of classes on homemaking subjects such as child guidance, flower gardening, and household equipment has been increased to 13. Each class will be repeated twice on Tuesday, Wednesday and Thursday.

Special speakers will also discuss a variety of subjects during this 51st annual Farm and Home Week. Dr. Stanley Olson, dean of the University of Illinois College of Medicine, will speak on the "Changing Practice of Medicine" Tuesday morning.

One entire morning session will be devoted to meat selection and preparation--an outstanding problem for every homemaker. Miss Reba Staggs, National Livestock and Meat Board home economist and Sleeter Bull, University of Illinois professor of meats, will explain and point out quality characteristics of various meat cuts and then prepare them accordingly.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 7, 1952

### Duo-Purpose Furniture Saves Space, Money

URBANA--Sales on home furnishings are featured by many stores during January. If you need some furniture, why don't you look for pieces that can serve two--or even three--purposes?

Duo-purpose furniture can be a space and money saver in your small house or apartment, comments Mrs. Mary Farnham, housing research specialist, University of Illinois department of home economics. Here are some examples:

Low storage cabinets with sliding doors are adaptable pieces. Use the cabinet in the living room for records, magazines or games, or take it into the dining room for dishes or linens.

Your bedroom is also a good location for the cabinet: there it can hold clothing and toys. And because these cabinets can also serve as end or lamp tables, they are genuine space-savers.

Some heads of beds contain shelves for books, lamps, or a radio. They don't take up much more space than an ordinary bed head, and think of the convenience for the bed-readers in your family!

Blankets, pillows and other bedding can be stored in those beds that have a drawer built into the foot. This design is a good



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## Duo-Purpose Furniture Saves Space, Money - 2

one to select if you need additional storage space as the drawer doesn't interfere with the spring action of the bed.

If you need kitchen or dining room chairs, choose a color and style that will fit into other rooms--perhaps the bedroom. And many kitchen tables--dropleaf or extension type--are just as "at home" in the dining room as in the kitchen.

Davenports can be extra-versatile furniture; some that open into a full-sized bed are equipped with a storage compartment for blankets and pillowcases. Especially good for a one-room apartment is a studio bed which will make two singles or a double bed. One section folds under the other for storage.

COC:bb

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## Order Freezing Circular Today

URBANA--If you're planning to stock your home freezer or locker with cooked and prepared foods, you'll find a "helper" in University of Illinois circular 618.

A copy of "Freezing Cooked and Prepared Foods" is yours on request. Send a card to the University of Illinois College of Agriculture, Urbana, Illinois.

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1-2-52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 8, 1952

### Few Extras Help Teach Good Washing Habits

URBANA--Your child will learn good washing habits easier and earlier when you provide some extra equipment sized to suit his needs.

Child development specialist Mrs. Marion McLaughlin, University of Illinois College of Agriculture, believes that such small additions as a low stool or large, flat box, a towel rack or a big hook or loop, and a low mirror can encourage early self-washing.

When you select a platform or box for your child to use in reaching the adult-sized washbowl, be sure it is small, solid and the right height. It should be high enough to allow him to reach the faucets and to wash without having the water run down his arms. It should also be firm, because tipping or falling might frighten him and "condition" him against washing and the washbowl altogether.

A separate rack or hooks for the child's towel and washcloth will encourage tidiness. It will teach him to use his own individual ones and at the same time will give him recognition as a person. If you choose a large hook, just sew loops or rings on corners of the washcloths and towels.

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Few Extras Help Teach Good Washing Habits - 2

You will want to hang a small mirror low enough to let the child see to wash his face and comb his hair. Then you can just raise it slightly as he grows taller.

It's a good idea to have the stopper chained to the basin so that the child won't lose it. Dad can also tighten the hot water faucet to prevent the child from turning it enough to scald himself.

COC:bb  
1-4-52

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Enough Sugar for Everyone

URBANA--We'll have plenty of sugar in '52, promises the United States Department of Agriculture.

The department has arranged to have about 100 pounds of sugar for each of us. This includes the sugar that goes into beverages and baked and canned goods, as well as the actual sugar poundage we buy.

The estimated demand for sugar last year was about 104 pounds per person, but we didn't use that much.

Sugar-growing countries, such as Cuba and the Philippines, will supplement the beet and cane sugar we produce here at home.

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1-4-52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 9, 1952

### Tips for Preventing Waste in Vegetables

URBANA--Get all the quality you've paid for in fresh vegetables by storing them properly.

Food specialist Mrs. Pearl Janssen, University of Illinois College of Agriculture, gives these tips for stretching your food-dollar.

Fresh vegetables, except potatoes, squash and rutabagas, should be stored in the refrigerator. Since vegetables are high in water content, they require moist storage.

Prepare vegetables for storage by trimming off all parts that can't be used, such as stems and tops and bruised or spoiled parts. And wash the vegetables before storing them. Don't peel them; they'll lose some of their vitamin and mineral content.

Green leafy vegetables should be stored with the water that clings to them after washing; but cabbage, head lettuce and other head vegetables should be drained first.

If your refrigerator has no space designed for vegetable storage, you can use plastic bags or else purchase one of the covered enamelware pans that is made for this purpose.



Read Labels Before Buying Sheets

URBANA--Be a label reader when you shop for sheets at January white sales. Labels often spell out the quality and wear you can expect to receive.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that a good sheet is firmly woven, practically free of sizing, and torn before hemming rather than cut.

Check for hems that are straight, well fastened and closed at the ends. The better sheets have tape selvages that give better wear and prevent selvage shrinkage.

If you're in doubt about the size of sheet to buy, measure the size and thickness of your mattress and allow for generous tuck-ins. Length given on the label is length before hemming. For general household use, sheets 99 to 108 inches long are most satisfactory.

Then know the thread count, especially when comparing sheets of different prices. Low thread count is often the reason behind low price and short wear. Muslin sheets with a thread count ranging from 128 to 140 give satisfactory wear for everyday use.

If the sheet is light in weight, notice whether the yarns are fine and placed close together or whether the sheet is sleazy and of poor quality. Low count may mean less wear. On the other hand, too heavy a sheet can be cumbersome to handle and difficult to launder. Too, a heavy sheet may run up a laundry bill when you're paying by the pound.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 10, 1952

### Rest, Proper Diet--Way to Respect Colds

Next time you feel a cold coming on, take time to "pay your respects" to it and you'll be likely to prevent more serious complications.

A cold may be the start of a communicable disease, such as pneumonia, influenza, whooping cough, poliomyelitis or other serious respiratory infection, says Miss Pauline Brimhall, health specialist, University of Illinois College of Agriculture. It may also reduce your body resistance enough to start secondary infections, such as sinusitis, ear trouble or bronchitis.

Getting plenty of rest and a proper diet are the two ways to respect a cold. Bed rest or quiet activity at home gives your body a chance to build up fighting resistance. Isolation also prevents spreading the cold to other persons.

Your diet should be soft and easily digested. Take fluids freely to keep the water balance in your body; much liquid is lost through sneezing, blowing and coughing.

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Use These Guides for Money Plans

URBANA--If your husband is a wedding anniversary forgetter, be sure to remind him how many years you've been married when you make long-time money management plans.

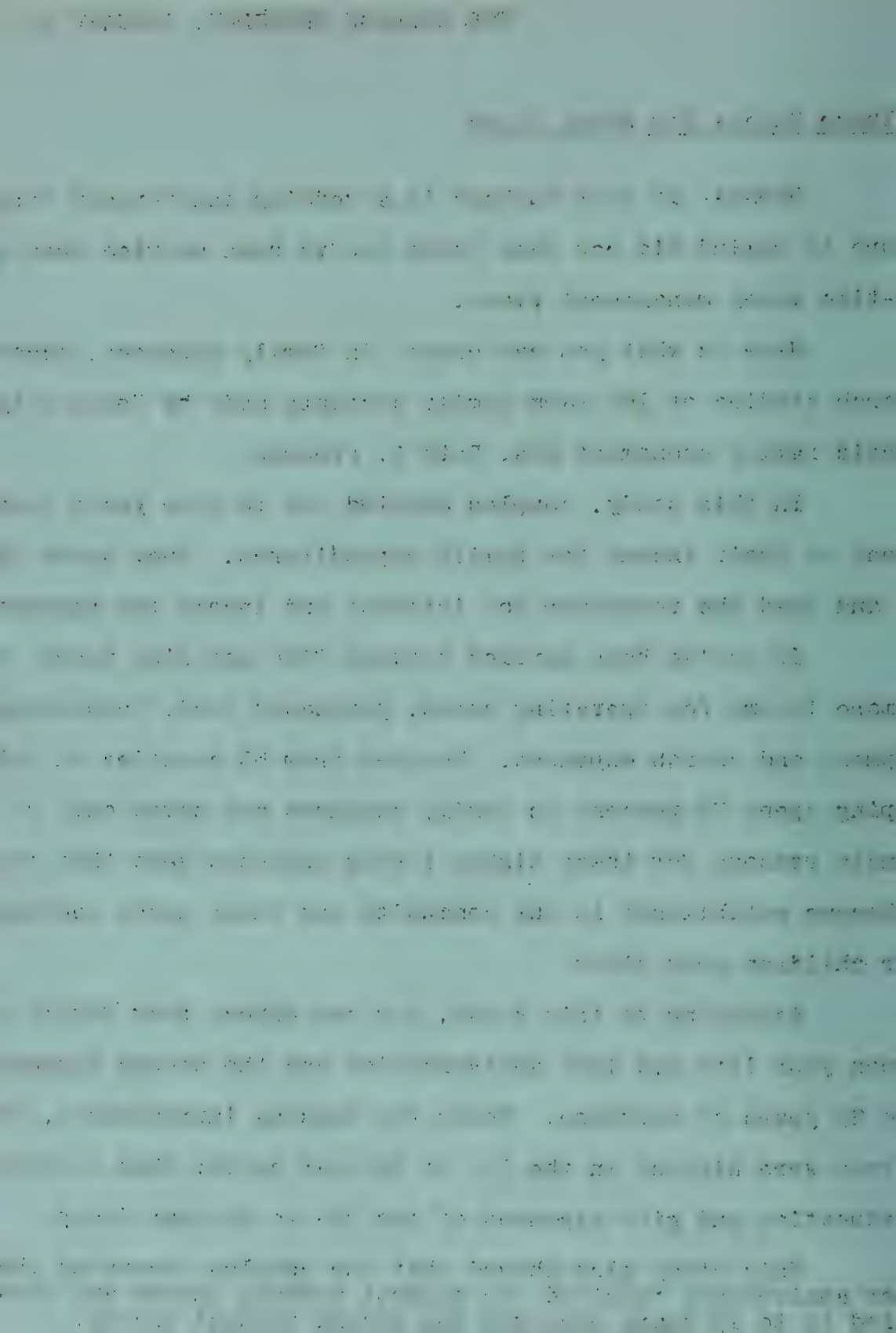
Here is what you can expect in family expenses, according to research studies of 166 farm family accounts made by University of Illinois family economist Mrs. Ruth C. Freeman.

In this study, couples married one to four years used 63 percent of their income for family expenditures. They saved 31 percent and used the remainder for interest and income tax payments.

If you've been married between five and nine years, you may use more income for operating costs, purchased food, furnishings and equipment and church expenses. Couples from 53 counties in this grouping spent 76 percent on family expenses and saved only 20 percent. The main reasons for these higher living expenses were that couples had become established in the community and their needs increased as their children grew older.

According to this study, you can expect peak family expenses between your 15th and 19th anniversaries and the second highest around 25 to 29 years of marriage. Costs for housing improvements, clothing and food were highest in the 15- to 19-year cycle; they counterbalanced the education and gift expenses of the 25- to 29-year group.

This study also showed that the couples observing their silver anniversary received the highest average income and those married 15 to 19 years received the second highest income.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 11, 1952

### Check Your Daily Meals for These Foods

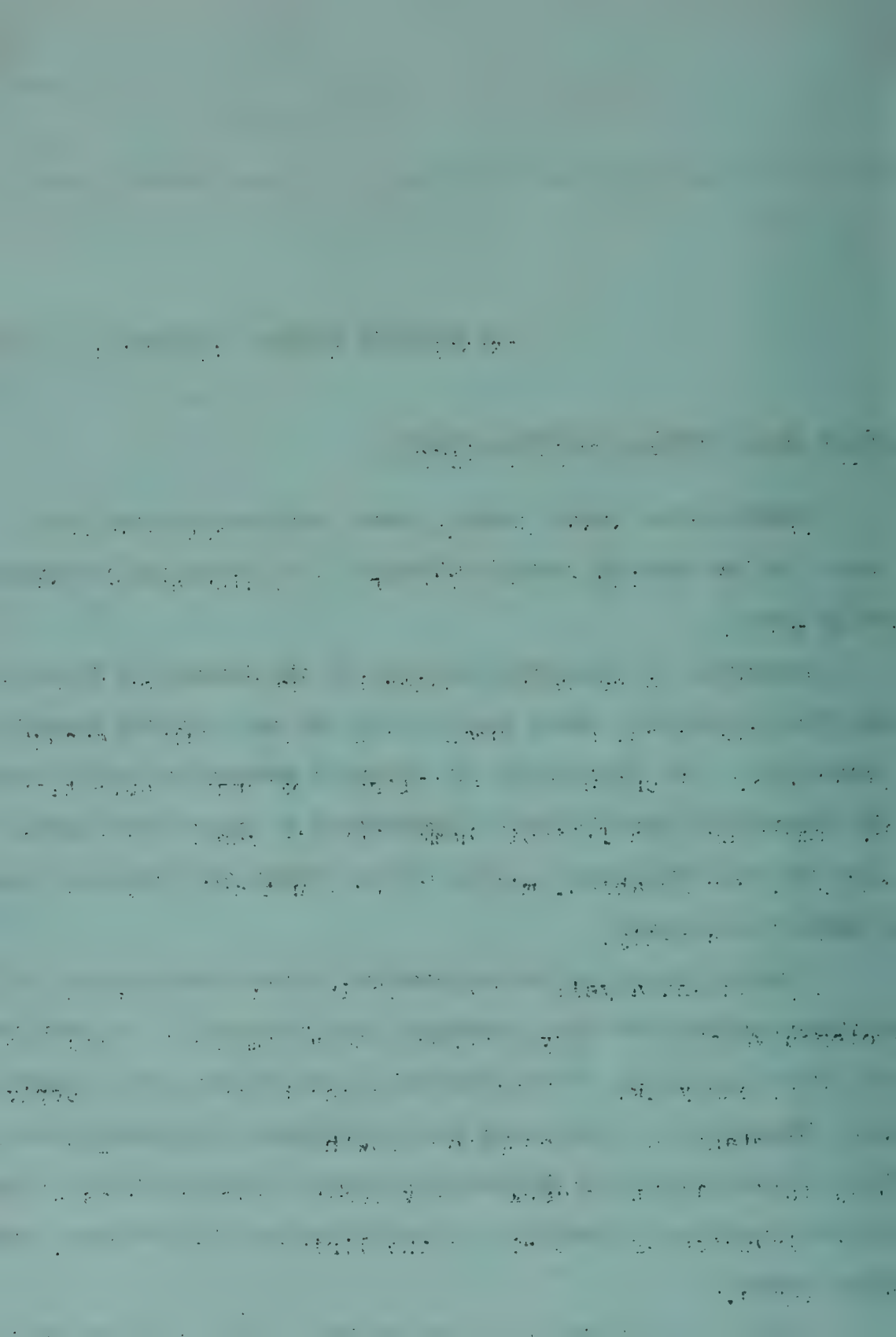
URBANA--Your eyes, bones, teeth and muscles are good reasons to be sure you're getting enough vitamin A, calcium and vitamin C in your daily meals.

According to research studies by the Bureau of Human Nutrition and Home Economics, many rural diets do not include enough of these nutrients. So University of Illinois extension nutritionist Grace B. Armstrong asks Illinois homemakers to check the amount of green and yellow vegetables, milk, citrus fruit and tomatoes each family member eats daily.

A green and a yellow vegetable in your daily meals will supply carotenes which your body changes into vitamin A. Animal foods, such as liver, egg yolk, fish liver oils and butter, also supply this vitamin. Important to the young for growth and for normal vision--especially in dim light or darkness--vitamin A also acts as a guard against the invasion of bacteria in the linings of your nose, mouth and inner organs.

Children need three and one-half to four cups of milk daily to build bones and teeth that are strong and healthy. Two and one-

-more-



## Check Your Daily Meals for These Foods - 2

half to three cups of milk should be the daily quota for adults. Calcium helps muscles contract properly and nerves carry messages to the brain and sections of the body.

Vitamin C or ascorbic acid plays a vital role in your health. Body tissues can't keep in good condition without it. Because your body can't store much vitamin C, each day you need one or more servings of its main sources--tomatoes and citrus fruit. A whole orange, several tangerines, half a glass of orange or grapefruit juice (frozen, canned or fresh) or a glass of tomato juice will go far toward meeting a day's needs. Cabbage, green lettuce, green pepper, fresh strawberries and cantaloupe are other good sources of vitamin C.

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## Buy Quality Potatoes, Store Correctly

URBANA--Take time to select quality potatoes next time you have that vegetable on your shopping list.

Look for potatoes that are firm, smooth, fairly well shaped, reasonably clean and relatively free from blemishes. You'll save some time and money when you get such good quality.

If you buy a large quantity of potatoes at a time, be sure to store them in a place that's cool, dark, moist and well ventilated.

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COC:bb  
1-7-52

and these cases are likely to be the only ones of the kind which will be brought before the court in the future.

It is also to be noted that the names of the persons who have been named in the above mentioned cases are not the names of the persons who have been named in the above mentioned cases, but the names of the persons who have been named in the above mentioned cases.

## 2. The following is a list of the names of the persons who have been named in the above mentioned cases.

and these cases are likely to be the only ones of the kind which will be brought before the court in the future.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 12, 1952

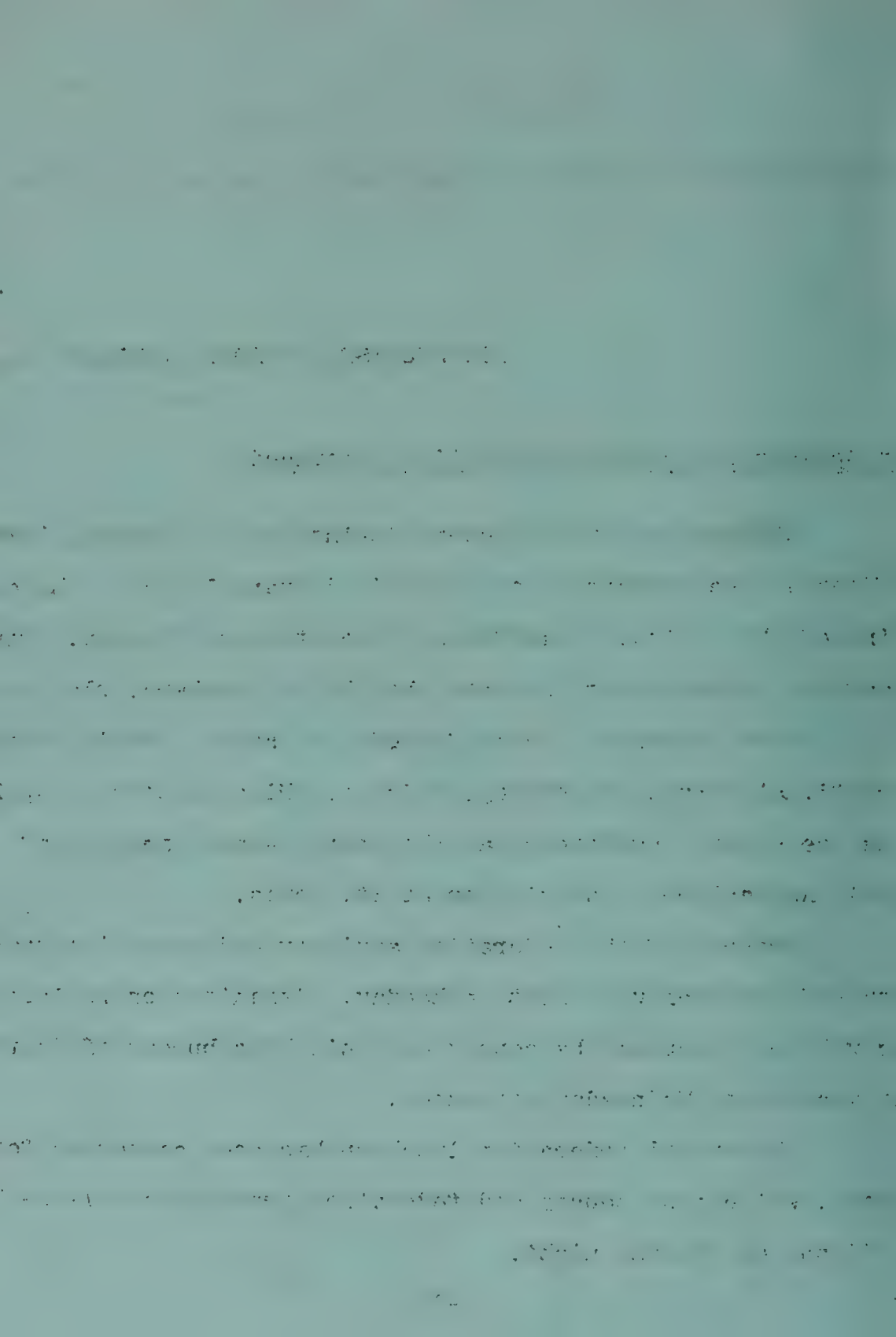
### Guest Speaker for Federation Meeting Announced

URBANA--One special event during the 51st annual Farm and Home Week at the University of Illinois January 28-31 is the annual meeting of the Illinois Home Bureau Federation on Tuesday. County homemakers, representing the more than 52,000 members, plan to attend.

Guest speaker is Miss Mercedes J. Hurst, public relations, International Harvester company, Chicago. Miss Hurst also spoke during the women's conference at the recent annual meeting of the Illinois Agricultural Association at St. Louis.

Members of the federation advisory and executive boards and county 4-H chairmen will meet on Monday. Organization policies and plans will be discussed by county and unit home bureau officers during their meeting on Wednesday afternoon.

The annual federation luncheon has been scheduled for Tuesday noon, while past county and federation presidents will be honored at a dinner on Tuesday night.



FOR RELEASE SATURDAY, JANUARY 12, 1952

Buy Towels for Quick Drying and Durability

URBANA--Turkish bath towels made for durability and quick drying are your best buys when you're towel shopping during January white sales.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, says that closely woven towels with a firm foundation will give you more for your money, as well as better satisfaction.

It's the number of looped surfaces, as well as the length and width, that determines how much water a towel will absorb. Ground warp and filling should be made of good ply yarns, woven closely to hold the pile in place.

In a loosely woven material with a sleazy foundation the pile yarns pull out or flatten, and the fabric will absorb relatively little water. A good hem, securely fastened at the corners, will wear as long as the towel itself.

Personal preference determines the size of towel to buy. Large, heavy towels aren't always practical, particularly if there are children in the family. Small, light-weight towels are easier for them to manage--and they'll be easier for you to handle on wash-day too. It's a good plan to buy large towels for adults who like them, and to get small ones for the children.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 14, 1952

### Measure Pillows Before Buying Cases

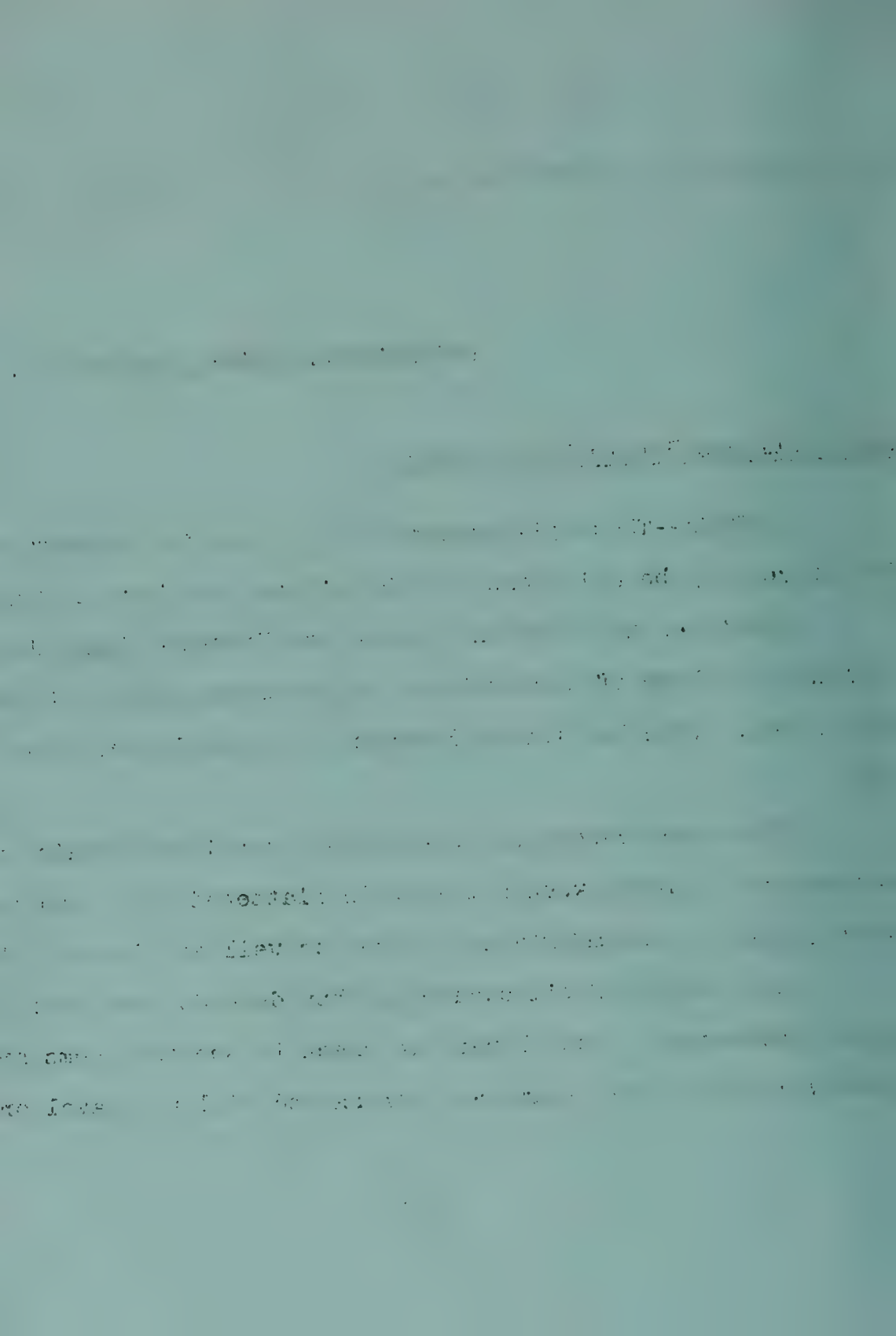
URBANA--Those pillowcases with attractive January white sales prices may be all wrong for the pillows you have at home.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, suggests measuring pillows before buying cases. Then buy the pillowcases a little larger than the pillow.

Too-tight cases soon break under confining strain and pressure--particularly when a pillow is flattened out. And too loose a pillow is uncomfortable to use, as well as clumsy looking.

The length of pillowcase you buy depends upon your own personal preference. You'll want to check to see that hems are a uniform width--and that seams are strong and will not ravel or pull out.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 15, 1952

### Check Garment for Good Fit

URBANA--Are you planning to buy some clothes during the popular January sales? Take along a mental check list for good fit, and you'll get satisfaction and enjoyment from your purchases.

Major portions of the garment to check are the sleeves, shoulder line, armholes and waistline, says clothing specialist Myra Baker, University of Illinois College of Agriculture.

Examine the crosswise threads of the material in the upper sleeves--they should run parallel with the floor so that the sleeves will hang well--rather than pull or strain across your arms.

If the sleeve is the set-in type, make sure that the fullness at the top is evenly distributed. And check the length of long sleeves by bending your arm--first closed and palm side toward your chest. The sleeve edge should be even with the knob of your wrist.

Pay special attention to the armholes and the shoulder line. Fashion experts predict a "spotlight on shoulders" year. Because alterations are difficult and sometimes expensive to make, be sure the shoulder line is neither too wide nor narrow.

-more-





## Check Garment for Good Fit - 2

If the seam comes in from the shoulder edge, the garment will feel uncomfortably snug and your shoulders will appear too narrow. Undue strain will also cause pulled seams. And if the seam extends out from the shoulder edge, diagonal wrinkles will form.

Check the waistline of the garment; if it's too loose, it will need only simple alterations. But if the waist is either too long or too short, try a different size range.

COC:bb

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## Write Duck Into January Menus

URBANA--Duck for January dinners is apt to mean economy as well as special tastiness. The U. S. Department of Agriculture reports that more than 11 million pounds of commercially grown ducks are now ready for shoppers.

A special aid for preparing roast duck is a University of Illinois "Timetable for Roasting Young Birds." It includes oven temperature, roasting time and amount of bread crumbs needed for the dressing. Write the University of Illinois College of Agriculture, Urbana.

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COC:bb  
1-11-52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 16, 1952

### Women's Program Keynote Speaker Announced

URBANA--A Vassar college professor of human growth and development is keynote speaker of the homemakers' sessions during Farm and Home Week at the University of Illinois January 28-31.

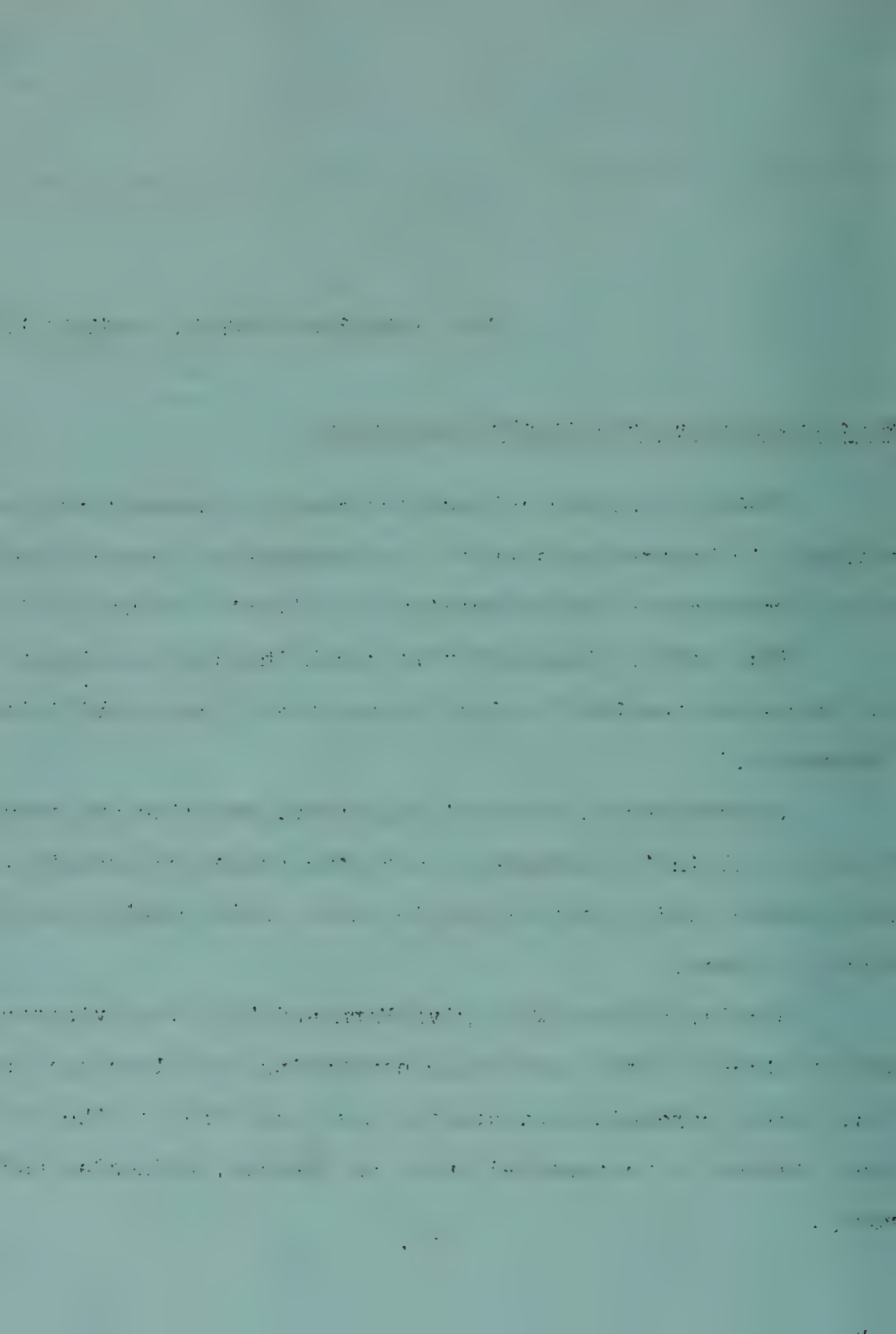
Mrs. Mary F. Langmuir will speak Thursday morning at 10:15 about "Balancing the Conflicting Interests and Responsibilities of the Homemaker."

Authorities on physical education, medicine and food will also talk to Illinois homemakers, and home economics experts will discuss careers and opportunities in their fields during the opening session for women.

Special classes will give Farm and Home Week visitors a chance to discuss their particular homemaking questions and problems. Crafts, flower gardening and storage are just three of the 13 special classes to be repeated twice on Tuesday, Wednesday and Thursday.

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Write for Home Sewing Leaflet

URBANA--Get ready for your spring sewing by selecting work clothes designs that are functional and comfortable.

Four house dresses--styled with easy fit--are illustrated in the University of Illinois leaflet, "Round-the-House Work Clothes." A design for an adjustable apron that will fit almost any family member is also included.

Safety, as well as comfort and attractiveness, was considered by Bureau of Human Nutrition and Home Economics experts who designed the garments. Skirts are wide enough, but not too wide, for comfort and safety at work. Dresses have no dangling bows or other features that may catch on pan handles. And they are easy to put on and take off.

A copy of this leaflet is yours on request. Send a card to the University of Illinois College of Agriculture, Urbana, Illinois.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 17, 1952

### Research Aids High School Kitchen Arrangement

URBANA--The high school homemaking students in your community may now be able to learn good management techniques more easily.

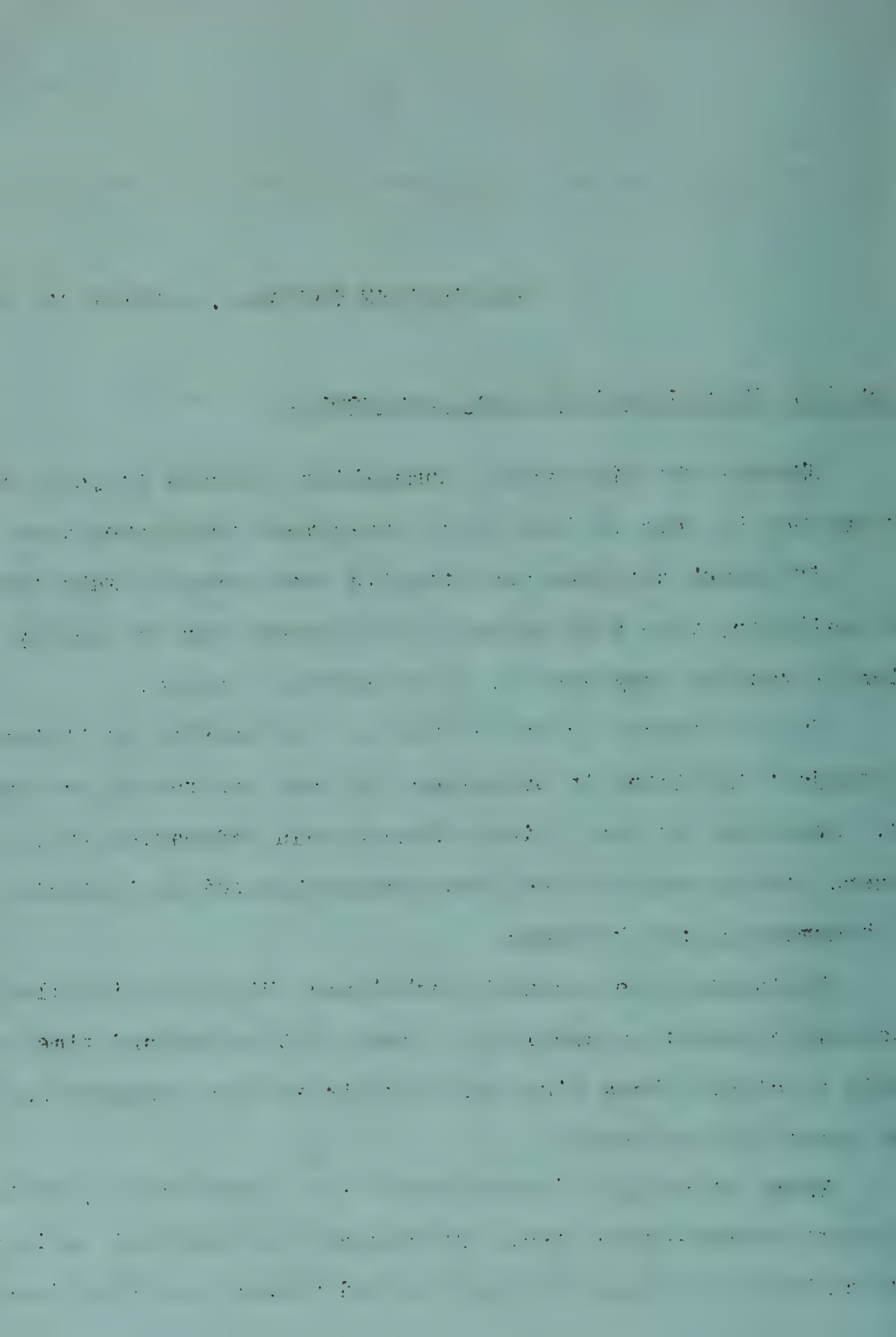
If enough supplies and utensils are stored to make them easily available, your high school unit kitchens can be equally functional--whether they are U-, L- or corridor shaped.

This statement is the result of a University of Illinois research project initiated in September 1950 and now partially completed. Sponsored by the Illinois Home Bureau Federation--52,000 homemakers strong--this is the first research study on Illinois high school homemaking unit kitchens.

Explaining the research techniques, Miss Letitia Walsh, home economics education specialist, says that motion and time studies were made of eight Urbana high school girls as they prepared individual and group food projects.

Three different kitchen layouts--U-, modified U- and L-shaped arrangements--were used. Two mix centers were set up in each unit which had for storage shelves divided drawers and file drawers.

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## Research Aids High School Kitchen Arrangement - 2

Duplicate pieces of certain utensils, such as measuring cups and spoons, were located at work centers where they were used first or most frequently. For example, measuring cups were stored in three centers--sink center and two mixing centers.

Another home economics education specialist, Miss Mildred Moore, and a mechanical engineer and a home economics research expert cooperated in this study. Miss Helen E. McCullough acted as consultant for equipment placement and storage facilities. L. C. Pigage, associate professor of mechanical engineering, directed the motion and time studies.

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## Select Firm, Compact Cauliflower Heads

URBANA--Check the supply and price of cauliflower at your local market. Prices recently nosedived at the large midwest wholesale fruit and vegetable markets.

For quality, choose cauliflower with a white or creamy-white head which is firm and compact. Leaves should be fresh and green. Try to avoid those heads with yellow withered leaves.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 18, 1952

### Bake Rolls Before Freezing

URBANA--Frozen yeast rolls can be piping hot and ready to serve 20 minutes after you take them from your home freezer.

Foods research specialist Virginia Charles, University of Illinois College of Agriculture, recommends baking yeast rolls and then freezing them. Quality is better, according to tests at the home economics foods research laboratory; and this method is more convenient than when rolls are frozen and then baked.

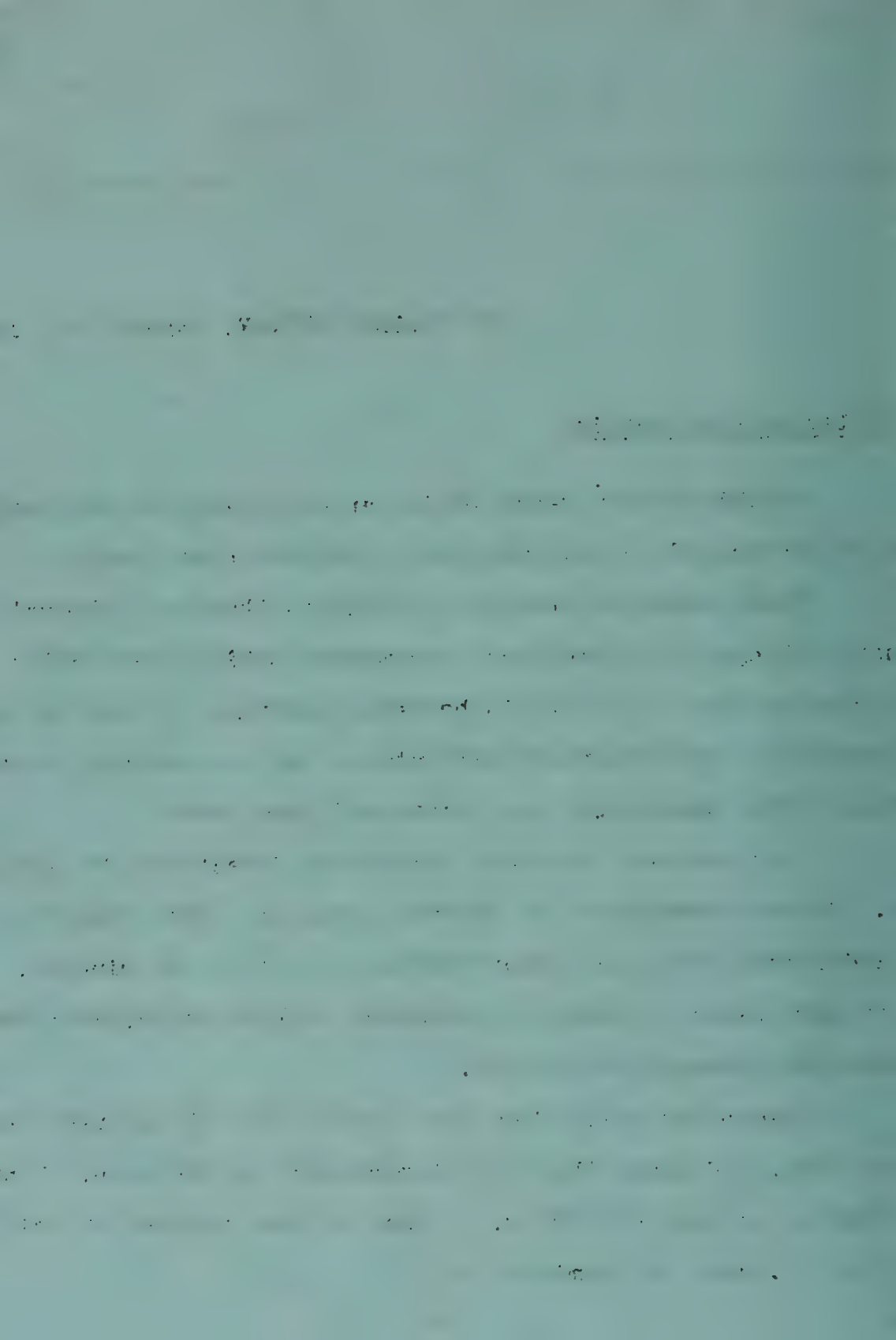
Just use your standard recipe and directions for making the rolls. Choose ingredients of the best quality. Then bake the rolls in a moderately hot oven--about 400° F.--for 15 to 20 minutes. Cool them on cake racks. Package in aluminum foil or cellophane; seal the packages and freeze them at once.

Remove the rolls from the freezer about 20 minutes before serving time, and place them--still packaged--in the oven. Thaw and heat them in an oven of 300° F. if they've been wrapped in cellophane, or at 400° F. when in aluminum foil.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 19, 1952

### Specialist Gives Pressing Tips

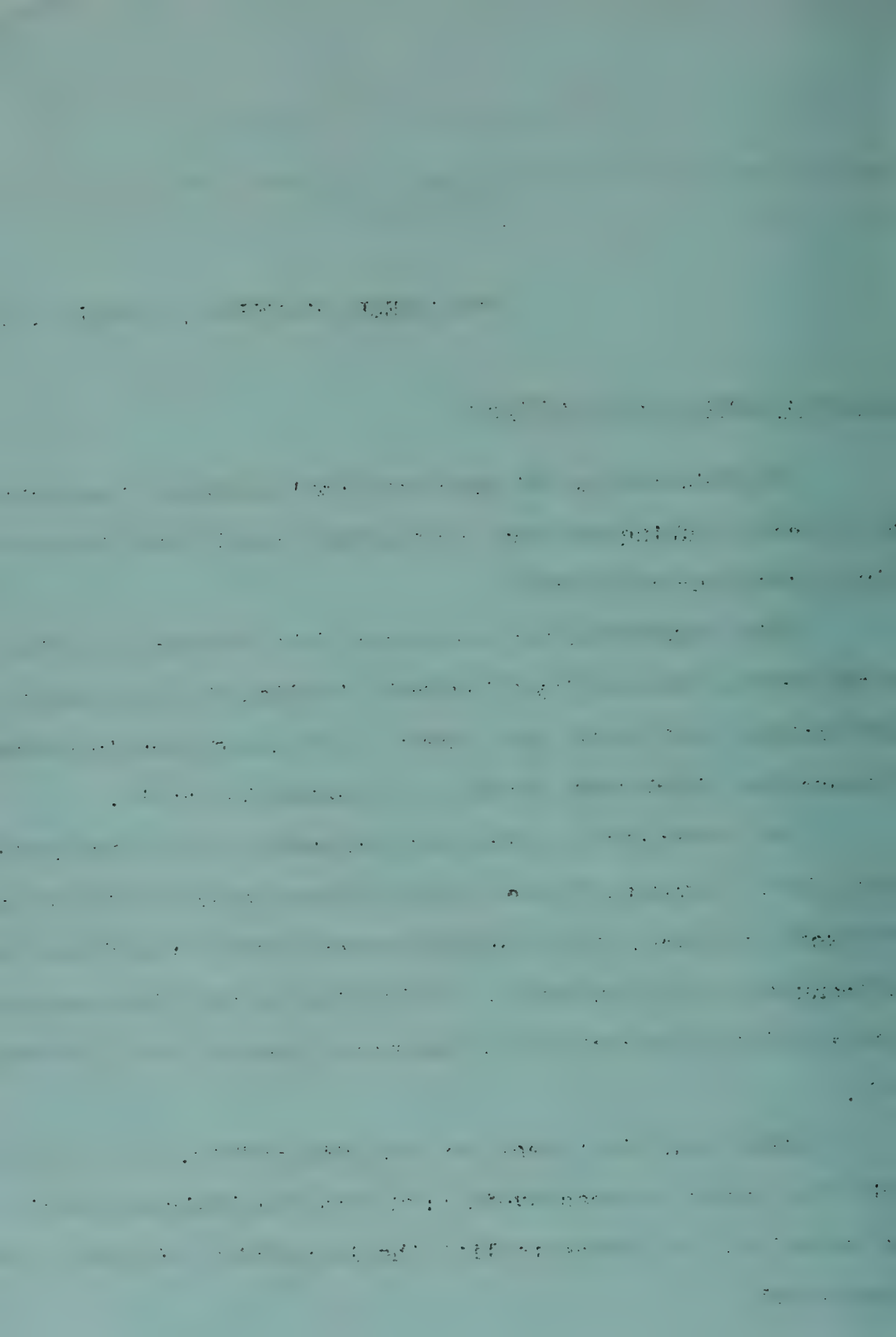
URBANA--One way to keep your wool garments from getting a shiny surface during pressing is to place a wool cloth between the ironing board and the garment.

This suggestion was made today by clothing specialist Ritta Whitesel, University of Illinois College of Agriculture. Use a light-weight wool cloth, and spread it on the pressing surface. Then place the right side of the wool garment over it.

Two other press cloths are necessary to do a top-notch pressing job. One should be of heavy cotton twill and the other of light-weight cotton. Lay the heavy cotton press cloth directly over the wrong side of the material. After dipping the light-weight cloth in water, wring it as dry as you can, and place it over the heavy cloth.

Lower the iron gently on the damp cloth. Lift and lower it so that the covered areas overlap; do this with the lengthwise grain of the material. Be sure to lift the iron before the damp cloth is thoroughly dry.

If right-side or top pressing is necessary, use the wool press cloth on top of the fabric. Just place the damp light-weight cotton cloth over it and press.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 21, 1952

### Avoid Rancid Flavors in Frozen Meats

URBANA--Your frozen meat will keep fresh longer if it is cut, wrapped and frozen as soon as it is thoroughly chilled.

Meat specialist Sleeter Bull, University of Illinois College of Agriculture, says the harder the fat, the longer the meat will withstand rancidity. Lamb and mutton will retain a fresh flavor for a year or even longer. Beef can be kept for six months before developing rancid flavors, and pork three months.

Wrap meats in high-grade locker paper, cellophane, aluminum foil or other moisture-vapor-resistant material. Use the "drug-store" wrap for freezer paper and foil. To do this, bring the two long edges together and fold them over until the paper fits tightly against the meat; then roll the ends in the same way. If you use a cellophane wrap, first heat-seal and then overwrap with freezer paper.

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Two-Point Check List for Buying Men's Suits

URBANA--Just because linings and pockets of men's suits are out of sight, don't fail to examine them before you make your purchase. Both of these hidden parts help to determine the durability of the suit and may even decide how it looks after the first dry-cleaning.

Clothing specialist Myra Baker, University of Illinois College of Agriculture, says that, to be good quality, a lining should have a fine, firm twill weave. Notice whether the diagonal ridges are close together, and feel the lining for firmness.

Read the label or tag or ask the salesperson whether the coat lining will resist shrinkage and will be colorfast to cleaning and perspiration. If it hasn't been thoroughly shrunk, it may draw up during cleaning and spoil the shape and fit of the coat. If the color is not fast, stains may show on the shirt, the lining or the coat itself.

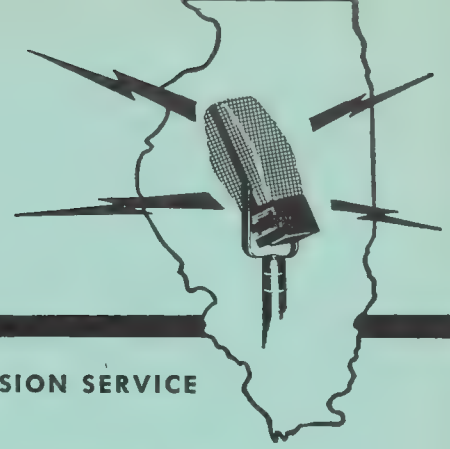
Feel the material used for the coat pockets. A soft, lightweight closely woven fabric will give long satisfactory wear. Silesia is the cotton twill material that is often used. However, if the pocket feels sleazy or slick, you'll know it will soon be limp and flimsy and will wear out.

Trouser pockets are likely to be made of a heavier, more leathery-feeling cotton twill than that used for coat pockets. Rub the material between your thumb and forefinger; if some sizing comes out, you'll know the material is coarsely woven and is apt to shrink.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 22, 1952

### Freezing Doesn't Destroy Bacteria in Foods

URBANA--Should meats be refrozen after thawing? Meat specialist Sleeter Bull, University of Illinois College of Agriculture, says it is dangerous to refreeze or to eat meat that has been thawed completely at room temperature for four hours or more.

However, if meat is thawed in a refrigerator at a temperature not higher than 45 degrees for a few hours, it is safe to eat or to refreeze.

Freezing does not destroy bacteria--it merely inhibits bacterial action. Bacteria multiply rapidly at room temperature. Meat thawed at room temperature from four to eight hours can produce enough toxin to cause illness.

Avoid thawing and refreezing meat if you can, because it causes the loss of juices and flavor and stimulates the development of rancidity.

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What You Can Do for School-Lunch Program

URBANA--If your community does not have a school-lunch program, you can help to determine whether there is a need for one.

Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, believes that the school-lunch program is the responsibility of every homemaker--not just mothers with school-age children. Everyone should understand the program and its main aims: to feed hungry children and help them form good food habits.

Through such organizations as parent-teacher groups, home bureau or other women's clubs, homemakers can contact teachers or the school principal to survey the need for a lunch program. Then they will want to find out how many students carry lunches, the distances they come and the number who would eat at school if a program were established.

If the survey determines a need for a lunch program, then the proper school authorities can apply through the county superintendent of schools for state and federal funds. Local sponsors--service clubs or women's organizations--can help with the program. And homemakers can volunteer to help with menu planning and preparation and buying of food, unless a special person is hired for this duty.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 23, 1952

### Salt Stimulates Rancidity in Pork Sausage

URBANA--When you prepare pork sausage for the home freezer, add all seasonings except salt.

Meat specialist Sleeter Bull, University of Illinois College of Agriculture, says that salt tends to stimulate the development of rancidity in pork. Other seasonings retard the development of rancidity.

Sausage will keep longer and have a better flavor after freezer storage. Rancid flavors develop within three months of storage.

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### Turnips and Parsnips Lower Priced Now

URBANA--Add turnips and parsnips to your shopping list this week. If they're available at your market, they will be among the lower priced root vegetables, according to a report from the United States Department of Agriculture.

Try serving turnips with pork, which is also in good supply. Parsnips, with their sweet, nutty flavor, go well with pork too.

In selecting turnips, choose medium-sized ones that are heavy for their size; large, overgrown ones may be woody or have a strong flavor. Remember to cook turnips as little as possible--just until they're tender.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 24, 1952

### Tips for Choosing Children's Clothes

URBANA--Help your children's clothes come through rugged play and activity with flying colors by carefully examining them before buying.

Miss Myra Baker, University of Illinois clothing specialist, suggests checking the following parts of a garment to be sure it is flexible and durable. Look at the material, stitching, seams, buttonholes and reinforcements.

For extra long wear, select material that has a firm weave or a close knit. And if you want washability, look for labels on shrinkage, color fastness and washing directions.

Short, even stitches give clothing a high durability rating. And be sure to examine the seam finishes; for long wear, seams on firm cotton material or heavy garments should have pinked edges; those on lightweight fabrics, narrow French or stitched felled seams.

Look at the workmanship on the buttonholes. If stitches are worked closely, you can expect these openings to last through many buttonings. Reinforcements at special strain points also add life to a garment. It's good to have them at knees, elbows, plackets ends, the underarm and pocket corners, as well as under buttons.



Illinois Homemakers Receive Safety Recognition

URBANA--Safety will take the spotlight at one session for homemakers during the fifty-first annual Farm and Home Week at the University of Illinois January 28-31.

"County and national awards will be presented during the annual Illinois Home Bureau Federation meeting Tuesday afternoon, January 29" announces Mrs. Ruth C. Freeman, University family economist and coordinator of the Safe-Homes program.

Two counties will receive awards for their work in preventing home accidents based on the number of families who made a final report. One will be given to the county that has the largest percentage of families reporting no home accidents; the other, to the county with the lowest percentage of home accidents.

National recognition will be given to the Illinois Home Bureau Federation and Home Economics Extension for their continuous program extending home safety to rural areas. The National Safety Council will present the merit award for "exceptional service to home accident prevention during the year July 1, 1950, to June 30, 1951."

The Illinois Safe-Homes program was organized in 1943 to help prevent home accidents during World War II. Interest has increased and enrollment grown to 14,486 families from 36 counties during 1951.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 25, 1952

### Freezing Eggs?--Follow These Directions

URBANA--When you choose eggs for freezing, be sure that they are clean, fresh and high-quality ones.

That's the first suggestion from Miss Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture, as she gives detailed directions for freezing eggs.

You can freeze the eggs as whites, yolks or in their whole form. It depends on how you're going to use them.

The whites are especially good for angel food cakes. Yolks with sugar can be used for soft custards or cakes and those with salt for salad dressing. Suitable for custards, cakes or other baking are the whole eggs with added sugar. Those frozen with salt can be used for scrambled eggs.

The whites are the easiest to freeze. You don't need to mix or add anything to them. When you freeze yolks, mix and then add a teaspoon of salt or a tablespoon of sugar to each cup.

If you choose to freeze the eggs whole, just break them and mix together thoroughly; do not beat. Add either salt or sugar in

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## Freezing Eggs?--Follow These Directions - 2

these proportions--one tablespoon sugar or one teaspoon salt for two cups of eggs.

After you've packed the eggs in moisture-vapor-proof containers, be sure to label them carefully, as you should set a time limit for their use. Whole eggs and yolks should not be kept in freezer storage for more than six months, while the whites can be stored for a year.

When you want to use the eggs, simply thaw them in the refrigerator overnight or for a shorter time at room temperature or in water.

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## Add These to Next Month's Grocery Lists

URBANA--Pork and dry beans--as well as eggs--are going to be plentiful in February, according to reports from the U. S. Department of Agriculture.

Supplies of frozen pork in cold storage at the beginning of the year totaled about 66 million pounds more than last year at the same time. And marketings from the spring hog crop have already passed their peak.

Plan to include navy beans and baby limas often in your February meals. Those are the dry bean varieties that are in best supply in the Midwest.

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1-21-52

THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION  
PUBLISHED WEEKLY  
CHICAGO, ILL., MAY 11, 1938

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 26, 1952

### Make Family Work Fun--Try These Tips

URBANA--Work can be fun! And it's up to parents to make family work fun, believes Miss Nellie L. Perkins, child development and family relations expert, University of Illinois College of Agriculture.

Planning together and companionship make up the formula that helps families get fun out of work. Family members should sit down as a group to plan what work needs to be done and what they want to do. Children should always be included in the planning, given a chance to voice their likes and dislikes and allowed to volunteer for the first job.

When all the jobs are listed, give each person a chance to make his first, second and third choices. Be sure that the routine jobs--such as dishwashing and cleaning--as well as the unusual ones are evenly distributed among adults and children. If anyone habitually selects a particular job, choices should be guided; try fifth or sixth preference to give a variety of learning experiences. And if some jobs remain after choice-time, ask for volunteers and try a bonus!

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Make Family Work Fun--Try These Tips - 2

Companionship makes work fun for all. "We work better in most things if someone else is working along beside us--especially if conversation or song is possible," comments Miss Perkins.

For example, while the children do dishes, mother can prepare a grocery list, plan meals or clean the kitchen cabinets. Visiting helps even grownups. And while dad removes storm windows, children can match screens with windows to get them ready for dad, sweep the front walk or perhaps prepare a nearby flowerbed. Remember to give boys a chance to work with mom and girls with dad.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 28, 1952

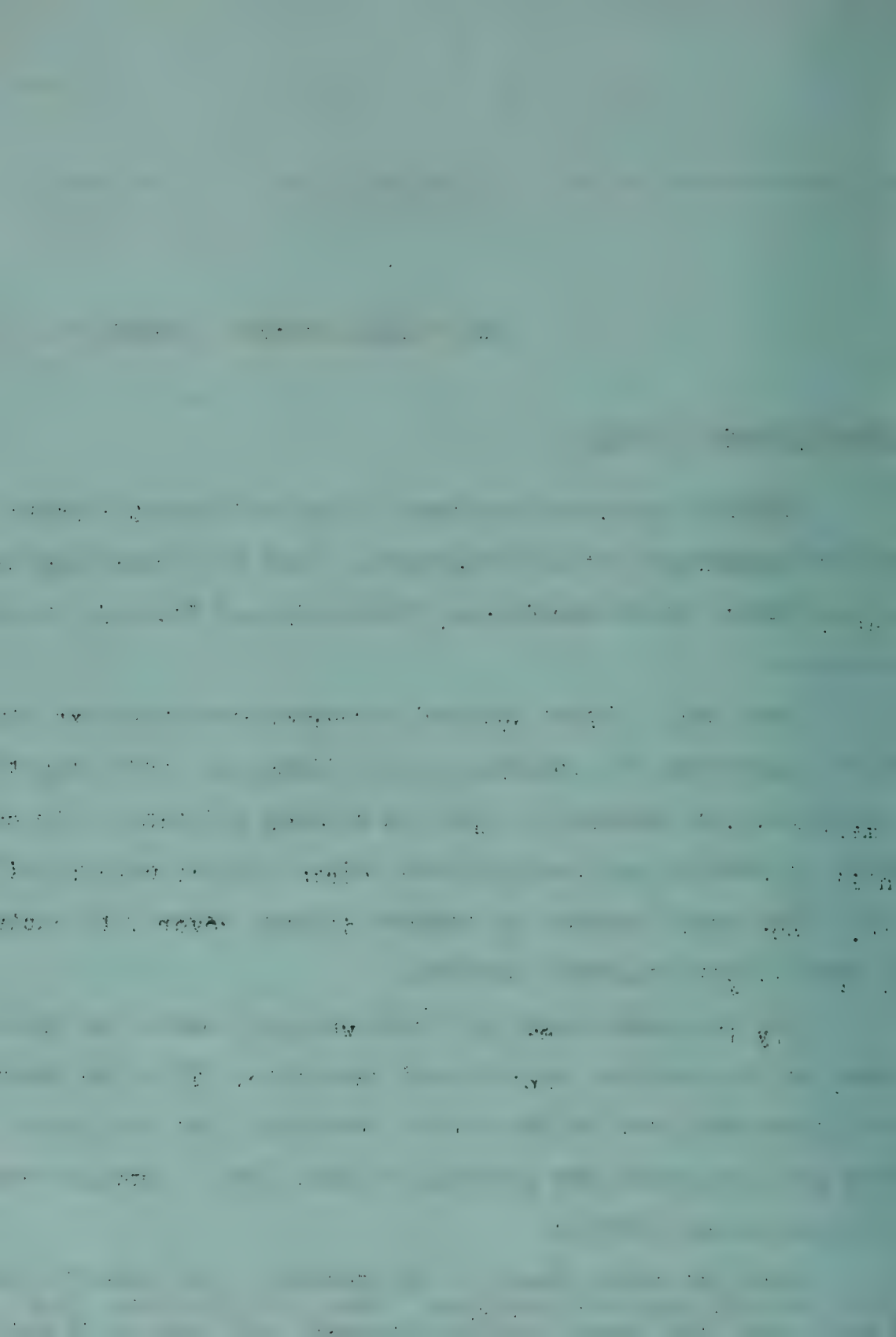
### Try These Dessert Treats

URBANA--Here are some ways to add delightful surprises--in flavor or appearance--to milk desserts. They were suggested today by Miss Anne Fluhr, foods specialist, University of Illinois College of Agriculture.

Just call a baked custard a caramel surprise next time you serve it, and watch the children's eyes light up! It's easy to make; just melt one cup granulated sugar in a heavy skillet. Stir carefully until it browns, and then add two-thirds cup hot water; boil until smooth. Pour small amounts in dessert dishes, cover with custard and bake; there's your caramel surprise.

Try this eye-appealing trick when you serve two types of pudding, as for example, vanilla and chocolate. Tilt the sherbert or parfait glass and pour in one kind of pudding. Let the glass stand in this position until the pudding is firm. Set it upright and then pour in the second pudding.

When you make cream pie for dessert, pour some filling into custard cups and top with meringue. Bake with the pie. Your children will feel that they have a special dessert, but they won't get the calorie-rich crust.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 29, 1952

### Safety Work Recognized During Farm and Home Week Program

URBANA--Recognition for their safe homes was given to Marshall-Putnam and Boone counties this afternoon during a Farm and Home Week program at the University of Illinois.

And during the same ceremony, national recognition was given to the Home Economics Extension Service and the Illinois Home Bureau Federation for their continuous home safety work throughout the state.

County awards were based on the number of families who made a final report. They were given by Mrs. Ruth C. Freeman, coordinator of the Illinois Safe-Homes program, and Illinois family economist.

A consultant for the home safety division of the National Safety Council, Miss Elizabeth Reed, presented the national awards. They were received by Mrs. James C. Graham, Morrisonville, Federation home safety chairman and Miss Gladys Ward, former coordinator of the Safe-Homes program and University home management specialist. These merit awards were given for "exceptional service to home accident prevention during the year July 1, 1950 to June 30, 1951."



Add Variety to Family Breakfast

URBANA--Make your breakfasts so attractive and tasty that those late sleepers will want to get up and eat them.

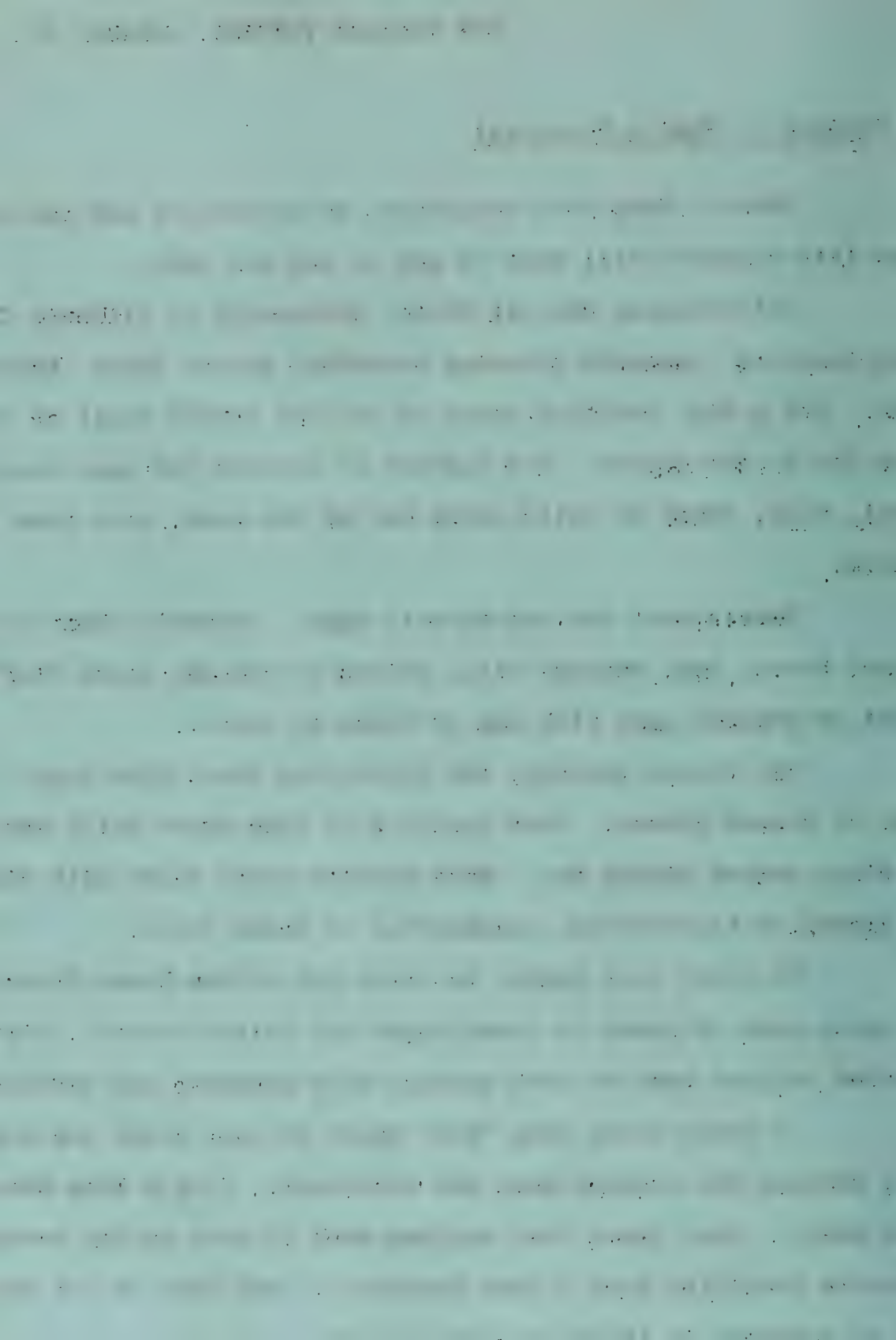
Nutritionist Harriet Barto, University of Illinois College of Agriculture, suggests planning breakfast around their "favorite" foods. Try a big, inviting glass of chilled citrus fruit or tomato juice for an eye-opener. And instead of serving the same standard cereal, milk, toast or rolls every day of the week, give them a little variety.

Here's what you can do with eggs: Scramble them with chopped bacon, ham, sausage bits, chives or cheese; serve fluffy omelet or poached eggs with ham or bacon on toast.

For flavor variety, try sprinkling toast with sugar and cinnamon or grated cheese. Your family will like sweet rolls and Swedish tea rings served piping hot. Make muffins extra tasty with cinnamon and cloves or blueberries, cranberries or dried fruit.

Or treat your family to crisp and golden brown French toast and syrup made of honey or brown sugar and melted butter. Try frizzled chipped beef or pork sausage with pancakes and waffles.

If these sound like "big" meals to you, count the number of hours between the evening meal and breakfast. It's a long break between meals. Test prove that morning work is more easily accomplished if you're fortified with a good breakfast. And this is the observation of teachers in their pre-noon classes, too.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 30, 1952

### One Test to Make When Buying Furniture

URBANA--When you're buying upholstered furniture, tip it to look at or feel the webbing. Important for the durability and life of your furniture is the quality of the foundation for the springs and filling. If you cannot see or feel the foundation, look for information on the label or ask the salesperson.

Miss Evelyn Cedarlund, home furnishings specialist, University of Illinois College of Agriculture, says that foundations are made of jute, steel webbing, and in some cases, wire. Strongest of these is a tightly woven, interlaced, jute webbing about three and one-half inches wide.

Check to see whether the strips of webbing are placed close together. Closeness makes for strength. And each band should be stretched and tacked securely to the bottom of the seat frame.

A tempered steel webbing has good resiliency and does not stretch, but it may not be as comfortable as good quality jute webbing. However, it is likely to be more satisfactory than poor quality fiber webbing.



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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 31, 1952

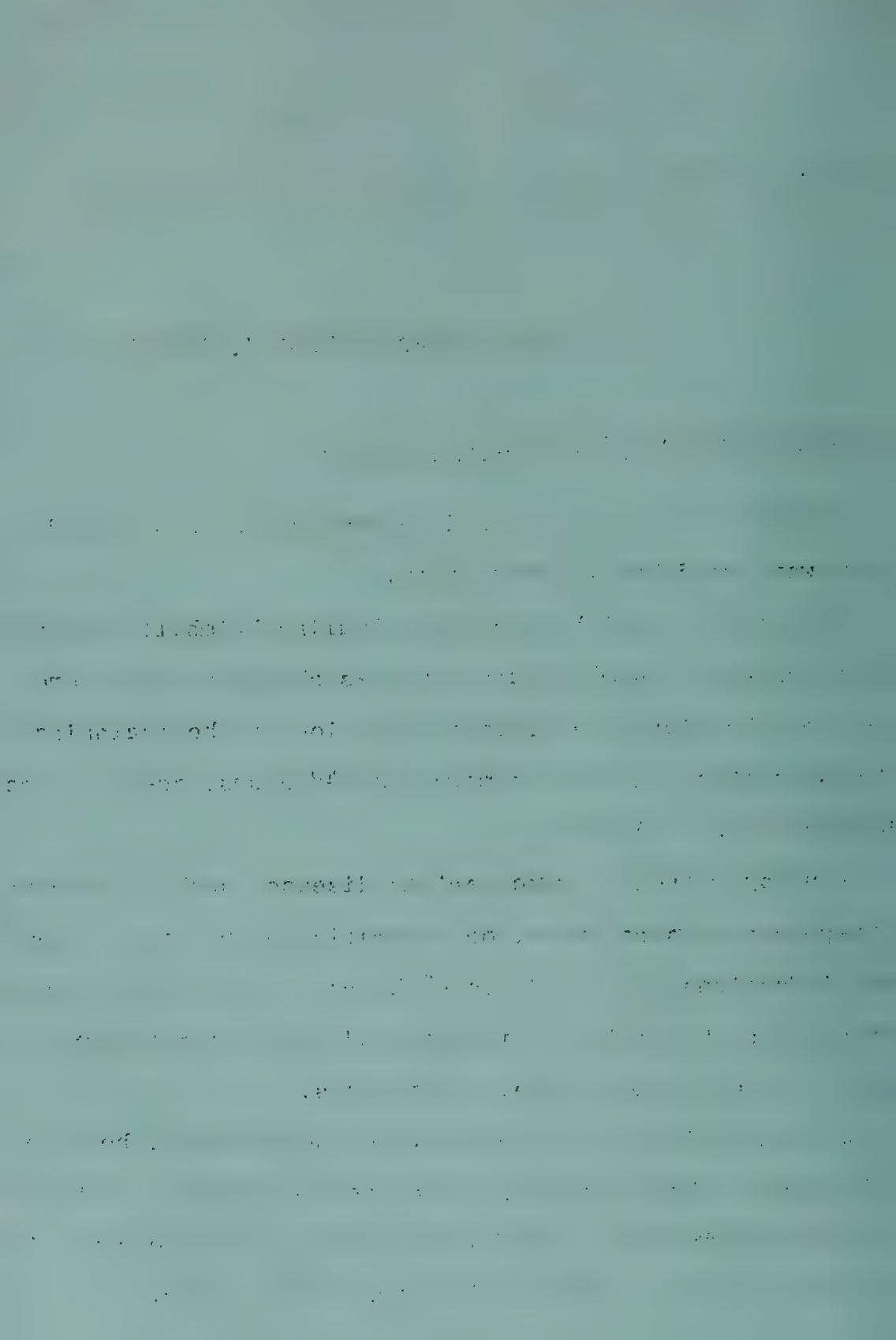
### Prompt Treatment Reduces Sore Throat Dangers

URBANA--Putting your child to bed when he has a cold or sore throat is always good health protection.

That's what health specialist Pauline Brimhall, University of Illinois College of Agriculture, says as she warns that sore throats may be the sign of a serious infection or the beginning of one. If a sore throat lasts for more than 48 hours, she cautions, it should be checked by a doctor.

You may prevent a more serious disease, such as scarlet fever, streptococcus sore throat or rheumatic fever, if you treat nose and throat infections within 24 to 48 hours. Such prompt treatment will also shorten the period of illness and lessen the danger of complications, such as kidney and ear infections.

If your child has a strep type of sore throat, be sure to observe his general health carefully for several weeks. If he is unusually tired, restless and not his usual self, or if he complains of pains in joints, put him to bed and consult your doctor.



FOR RELEASE THURSDAY, JANUARY 31, 1952

High Schools Have Guest Speakers

URBANA--Students at 15 Illinois high schools will have University of Illinois coeds as guest speakers this week.

Telling high schoolers about opportunities in home economics and at the University will be these young women who are upperclass students in home economics. They will discuss housing costs, campus activities, classes and other items of interest to prospective students. Faculty members and students held several briefing periods before the visits.

The coeds and the cities they'll visit to speak to high school students are:

Janet Bayles, Pekin; Edith Bassler, Mascoutah; Jane Brubaker, Waggoner; Velma Riley, Griggsville; Dorothy Figge, Collinsville; Betty Johnson, Maroa and Clinton; June Gramley, Plano; Mary Lee Hill, Golden.

Mary Barlow will speak at the school in Arcola, Caryl Rowsley, Naperville; Joyce Bolton, Keithsburg; Sally Peet, Highland Park; Peggy Lewis, Calumet High School, Chicago, and Barbara Buchholz, Melvin.

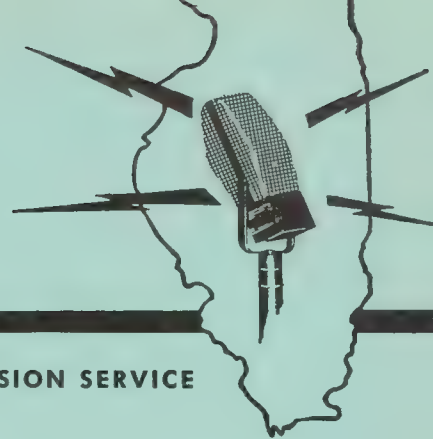
This project, sponsored by the Home Economics Student Council and the home economics faculty, is observing its second birthday this year. Last February over 1,000 high schoolers heard coeds discuss opportunities available to them at the state university.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 1, 1952

### Make This "Instrument" for Your Child

URBANA--You can help your child learn about rhythm and music in informal family music sessions.

One special treat is to make a tom-tom for him at home, suggests Mrs. Millicent Martin, child development specialist, University of Illinois College of Agriculture.

Use a vegetable shortening or lard can for the tom-tom. A three-pound size is good. Just cut off both ends and paint the can a bright color; be sure to use a nonlead paint.

Stretch an innertube over both ends, and fasten it by lacing with shoestrings pulled over the side of the can. Add a decorative note by inserting colored wooden beads on the side of the drum and tying them to the lacing.

Other "instruments" you can use for your family "orchestra" are simple ones--old pots and pans, bells, rhythm sticks or castanets.

Mrs. Martin says that percussion instruments--drums, bells, and castanets--are especially suitable when children are beginning their musical experiences. They're easy to use and are also sanitary.

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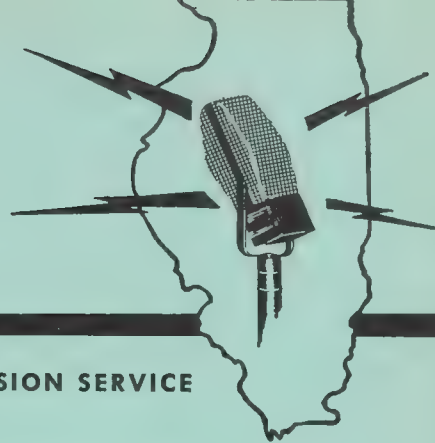
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 2, 1952

### A Way to Get More Meat for Your Money

URBANA--How much meat do you lose between the store and the table?

University of Illinois foods specialist Mrs. Glenna Lamkin asks this question of homemakers who want to squeeze more meat from their food dollars.

The trick of getting more for your money is simple; you might call it one of temperature and type of heat.

Moderate temperatures--a 325° F. to 350° F. oven or simmering heat--will help to prevent shrinkage and possible toughness or dryness. Low to moderate temperatures are especially necessary for large cuts of meat, reminds Mrs. Lamkin. It's possible, with a four-pound roast, to lose as much as 25 percent of the weight through incorrect preparation; and that makes a difference of several servings.

The type of heat--moist or dry--is just as important as temperature. Tender cuts of meat--such as chops and the loin steaks--are best cooked by dry heat. Some of these methods are broiling, pan-frying and roasting without a cover. Less tender meat cuts, such as

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## A Way to Get More Meat for Your Money - 2

chuck and rump roasts, need to be prepared with moist heat. Braising or cooking in liquid at low temperatures are two of these methods. Be sure to simmer the meat, and you'll get more and tastier servings.

Remember that cuts of pork, such as chops and steaks, need moist heat to be sure they're well done. Larger cuts of pork may be cooked by dry heat, but like the smaller cuts they should be well done.

COC:lw

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## Write for Cleaning Circular

URBANA--Your daily and weekly cleaning will be easier when you follow some of the suggestions given by University of Illinois home economists in the circular, "Household Care and Cleaning."

Directions for making soap jelly for shampooing upholstery, a wall-cleaning solution and a wallpaper cleaner are just three of the "helpers" given in this circular. You'll also find suggestions for cleaning windows and lighting fixtures, floor coverings and household equipment.

Send your request to the University of Illinois College of Agriculture, Urbana. Ask for Circular 526.

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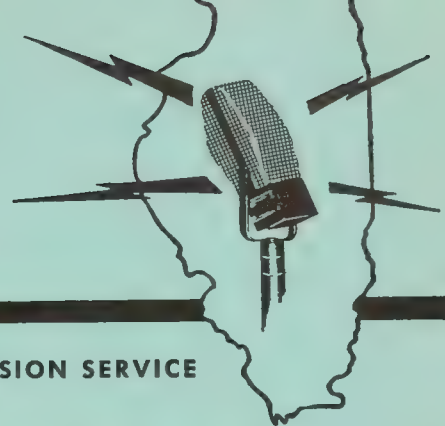
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 4, 1952

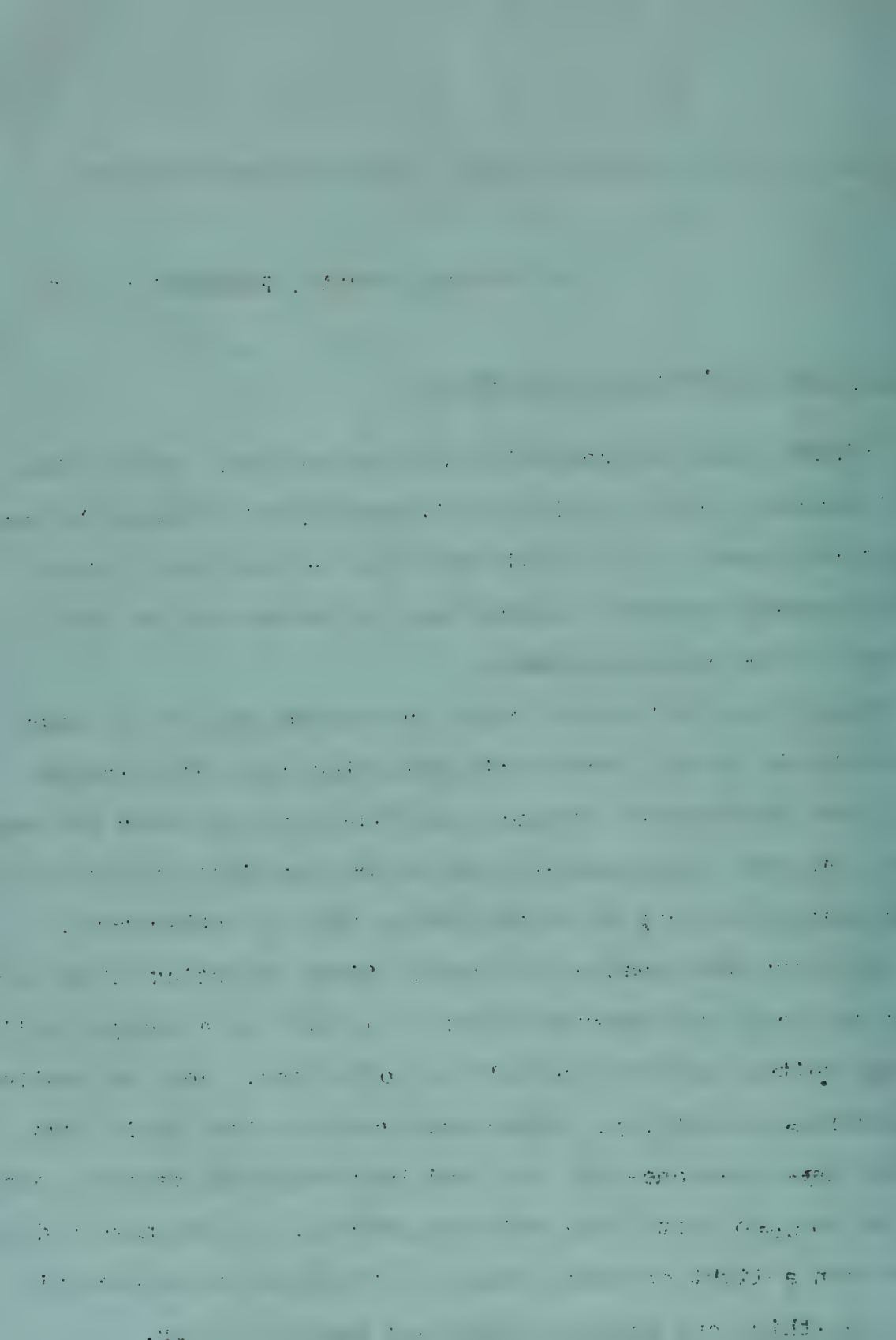
### Measuring Tricks to Save Time and Motion

URBANA--Make one measuring step do the job. That's what Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says. You'll find that "cup" rather than "tablespoon" measurements are more accurate and go faster--if the amount is large enough to use cup measurements.

Since four tablespoons equal one-fourth cup, you'll save time and motion by using a one-fourth measuring cup. If a recipe calls for three tablespoons, measure one-fourth cup and take out one tablespoon. Another time-saver--if you're making eight cups of coffee--is to measure one cup of coffee rather than 16 tablespoons.

Here are more measuring tricks: Since one stick of butter equals one-half cup, why measure butter in a cup? In a recipe calling for four egg whites, measure one-half cup of whites. Four egg whites usually measure one-half cup. Since eggs vary in size, small eggs will measure less than one-half cup, and large eggs may measure more.

Be sure to sift flour before measuring. It may make a difference between a light or heavy product. There may be as much difference as one-third cup between sifted and unsifted flour.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 5, 1952

### How to Get That "Just Right" Look

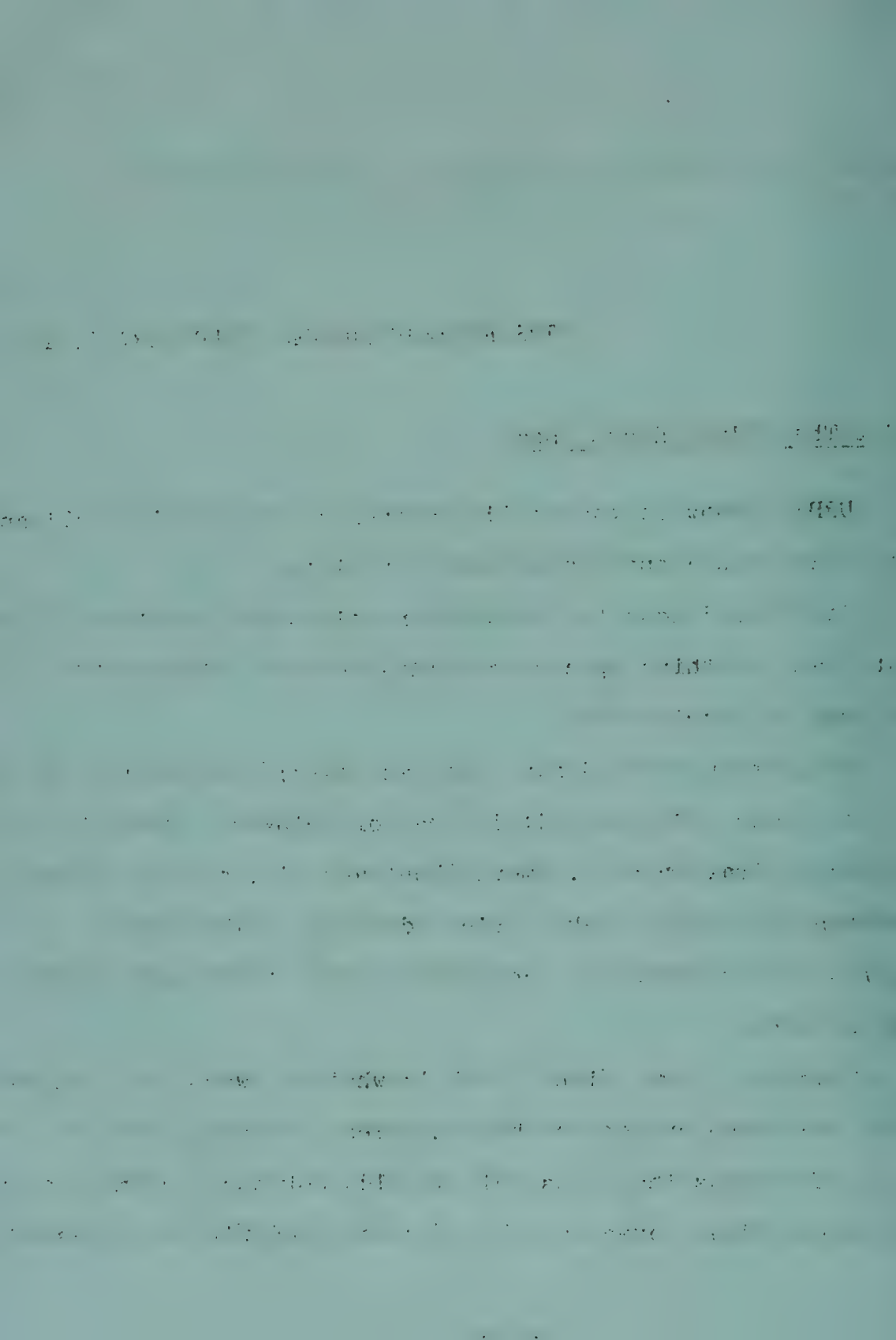
URBANA--How do you decide whether a garment fits well and correctly? Are you a one-glance buyer or fitter?

You should look for three main points when buying or fitting a garment, says clothing specialist Ritta Whitesel, University of Illinois College of Agriculture.

The garment should hang free and easy; it should not be too tight or too loose. See that it is free of wrinkles. Test it to be sure it doesn't draw or pull. Move about and sit, as well as stand, in the garment before you make a final decision. Then look at it critically to learn whether it complements your figure and "plays up" your good features.

A smooth, "just right" look is what you want, but the garment should be loose enough for body movements when you wear it. For example, a golf dress that fits well should look just as smart as a dressy afternoon dress even though it is designed with more ease for fullness.

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## How to Get That "Just Right" Look - 2

Wrinkles may be caused by off-grain cutting, not enough ease, sewing, or overhandling the garment when you make it. To correct these points, be sure to use the correct size of pattern and lay it with the grain (crosswise and lengthwise threads) as indicated. Avoid pulling the material when sewing seams or staystitching curved edges.

Remember that a particular design flatters your figure when it makes the too broad and too round areas as inconspicuous as possible. And it should show a pleasing relation between all parts of the figure.

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## Plentifuls at the Fish Counter

URBANA--If you've written fish into your meals this week, check the supply of both frozen and fresh fish at your local markets.

U. S. Department of the Interior says that heavy supplies of lake herring and whitefish are selling at low prices.

If you want frozen fish, best buys are ocean perch or rosefish fillets; prices on them have dropped as supplies increased.

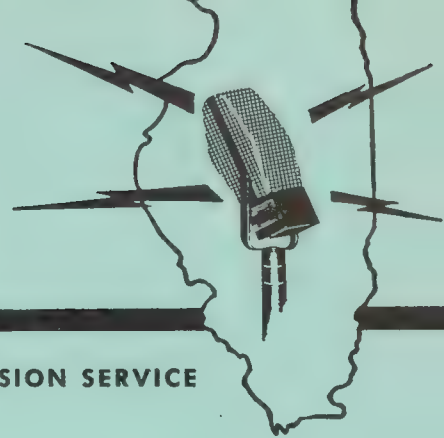
Available at moderate prices is frozen halibut.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 6, 1952

### Pay Attention to Seam Placement

URBANA--Seams give design, pattern and style to a garment. That's why you should pay special attention to their placement when buying or making a dress or other garment.

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, says that your figure type and posture help to determine where seams should be placed.

If your figure is well-proportioned and you have a good posture, the shoulder seam should lie exactly on top of the shoulder. The underarm or side bodice seam should appear to be a continuation of the shoulder seam and at right angles to the floor.

Examine the skirt seams closely. They should divide the figure in half as nearly as possible and should also appear to be a continuation of the underarm seam. Both the waistline seam and the bottom of the hem should be parallel to the floor.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 7, 1952

### Suggestions for Creamier, More Stable Meringues

URBANA--Try a high baking temperature for meringues--400-425° F.--and bake from three to five minutes. You'll find that the meringues will cut easier, be more tender and have less tendency to weep.

According to foods specialist Pearl Janssen, University of Illinois College of Agriculture, you'll have a more stable, creamier meringue if sugar is added to egg whites before beating or just at the foamy stage.

To each egg white, add two tablespoons sugar and beat until stiff and shiny. If you use a rotary hand beater, add sugar at the foamy stage for easier beating.

Here is a tip for getting a larger meringue from fewer egg whites: Add two to three teaspoons of water to each egg white before beating. While there will be some leaking, it won't be noticed if the pie is served soon after it is baked.

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A Tip for Buying Upholstered Furniture

URBANA--Ask about the wood and construction details used in the frame next time you're buying some upholstered furniture for your home.

Read the label or ask the salesperson for this information, says Miss Evelynne Cedarlund, home furnishings specialist, University of Illinois College of Agriculture. You can't see these features.

Find out what kind of wood is used in the unexposed parts of the frame. Hardwood that has been thoroughly seasoned and guaranteed against defects is the best quality. Remember that softwoods do not hold tacks so well as the hardwoods.

Ask, too, about the thickness of the wood; a minimum of one and one-eighth inch is necessary to hold the tacks securely.

A well-braced frame has screwed corner blocks of hardwood as one of its construction details. They add more sturdiness than blocks that are glued in.

Mortised and tenoned or doweled joints are stronger than those that are nailed. In a mortise-and-tendon joint, a small rectangular projection on one piece is glued into a hole on another section. And a dowel is a wooden pin which fits into a hole in the piece to be joined.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 8, 1952

### Tips for Preparing Winter Vegetables

URBANA--If your family is especially fond of onions, try this easy-to-make casserole. Place the cut side of halved medium-sized onions up in the casserole, sprinkle with salt and pepper and dot with butter. Cover and bake for three-quarters of an hour at 375-400° F.

Foods specialist Pearl Janssen, University of Illinois College of Agriculture, gives other suggestions for preparing winter plentiful. These vegetables will help save your food dollar.

Add raw shredded parsnips to pineapple salad. Or serve parsnips baked in a casserole. After boiling parsnips, remove their skins and the woody centers. Slice lengthwise and place the slices in the casserole in layers. Sprinkle with brown sugar, dot with butter and bake about 30 minutes in a 350-375° F. oven.

Here's a quick-and-easy cabbage dish, prepared Chinese style: Toss finely shredded salted cabbage in a skillet with melted butter for two minutes--one tablespoon butter to three and a half cups of cabbage. Serve hot. You might use this same method for spinach and other greens.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 9, 1952

### Introduce Your Family to Eggplant

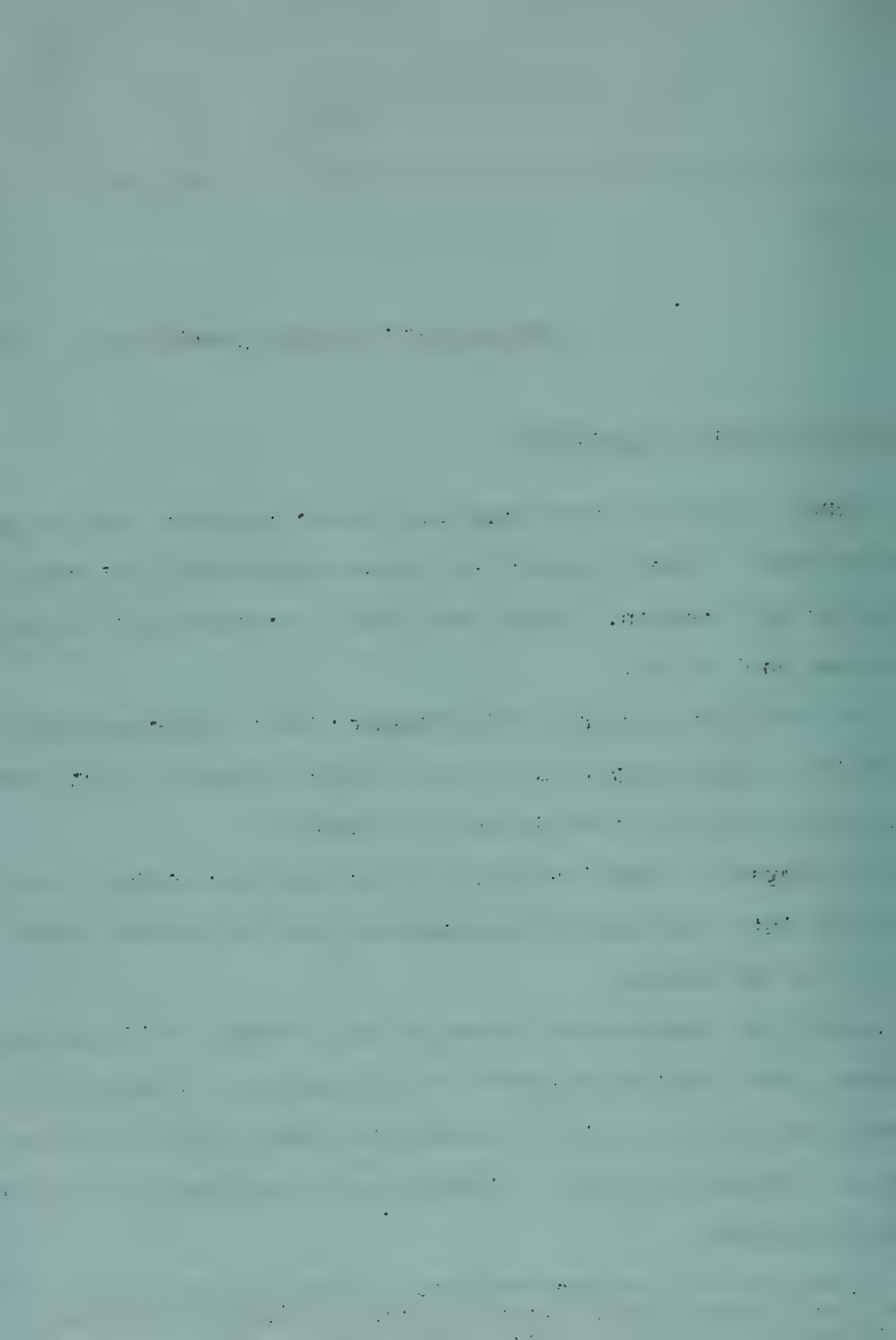
URBANA--For an unusual and flavorsome luncheon, try an eggplant broiler meal. These purple, egg-shaped vegetables are reported in good supply this season. Select ones that are heavy and firm and have a uniform dark color.

For broiling eggplant, Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, favors an eggplant that's six to nine inches in diameter.

To prepare it, peel and slice crosswise into eight pieces. Dip the slices into a mixture of two eggs and two tablespoons milk; then roll in cracker crumbs.

Sauté the crumb-coated slices on both sides until they are a golden brown, and until done--about twelve minutes. Arrange on the broiler rack; and place a slice of tomato and then a slice of cheese on each piece. Top with a slice of bacon cut in half and laid criss-cross over the cheese.

Place the broiling pan and rack in the broiler so that the bacon is at least three inches from the source of heat; broil until the bacon is brown and crisp. Serve with cheese sauce. A tomato sauce may be used if you omit the tomato slices, but still want an accent of tomato.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 11, 1952

### Check Grainline When Buying, Making Garments

URBANA--A fundamental consideration in the fit and attractiveness of a garment is the grainline of the material.

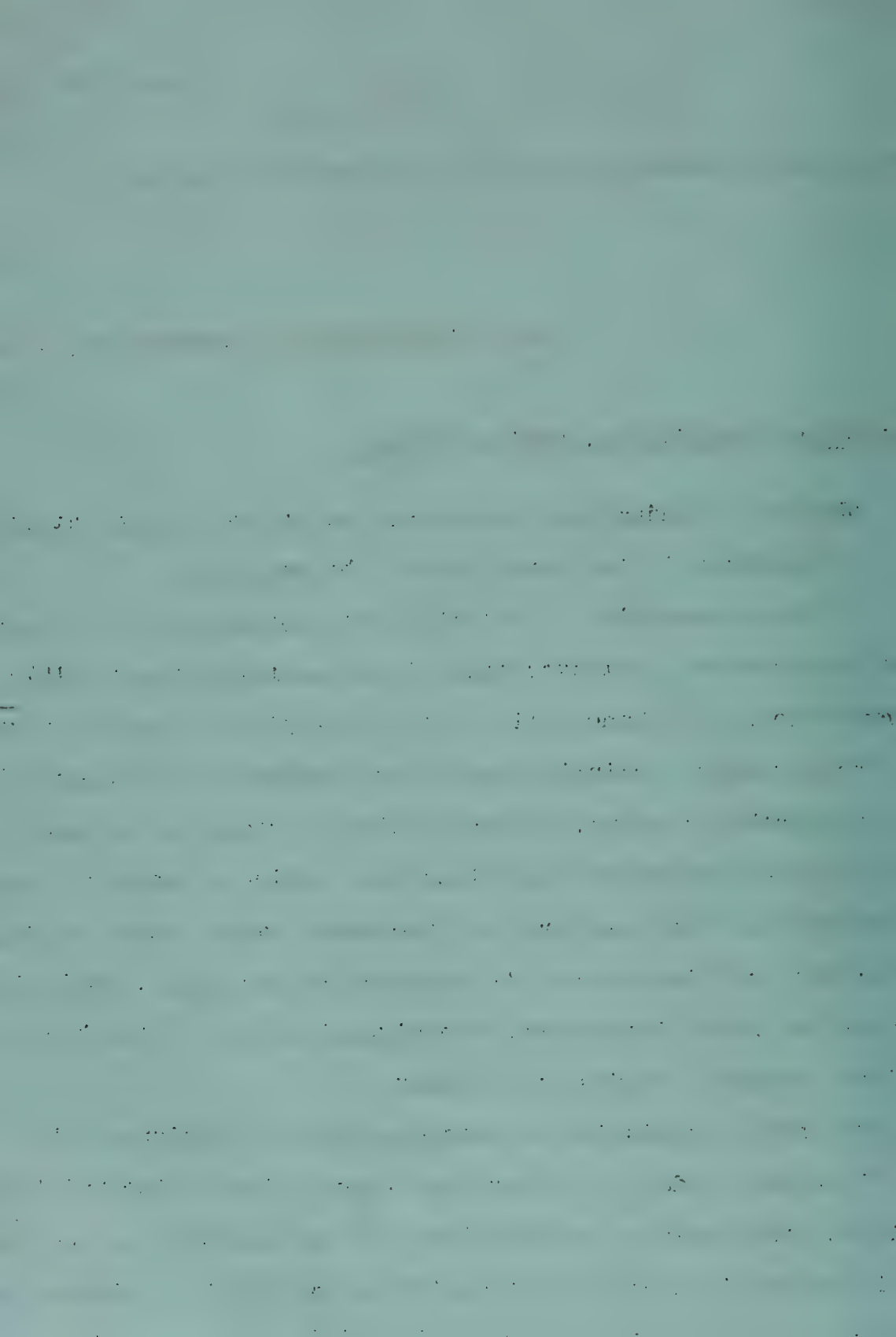
Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, believes that it is practically impossible to get a garment to fit or hang well if it is cut without regard to grain.

As you know, grainline means the straight of the material--the warp or lengthwise yarns, or the filling or crosswise threads.

Check all grainline positions when buying or making a dress. The line across the front and back of the chest--about three or four inches from the neckline--should be parallel to the floor. This is also true of the grainline between the highest points of the bust in front and the shoulder blades in the back.

The bodice grainline is determined by the design of the garment. If gathers, darts or tucks are placed at both the waistline and shoulders, the grain at the bustline will be parallel to the floor. However, if the bodice fullness is controlled with darts, gathers or tucks only at the waistline, the grainline will slant downward from the bust to the underarm seams.

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## Check Grainline When Buying, Making Garments - 2

Now you're ready to examine the sleeve grainline. In most sleeves, the lengthwise grain should fall at right angles to the floor from the top of the shoulder to the elbow. It should do this when the arm hangs at the side of the body. And in a regulation set-in sleeve, the crosswise grain at the base of the sleeve should be parallel to the floor.

The grain at the center back or front of your skirt also depends on the garment design. On any design, however, it should be exactly on the lengthwise or crosswise grain or on the true bias.

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## Plentifuls for Your Shopping List

URBANA--If you want to stock your canned food shelves from plentiful foods, stop at the apple juice and tuna counters.

Market reporters from the U. S. Department of Agriculture say that abundant supplies and reasonable prices of apple juice are the result of a large carry-over from the 1950 pack and that processed from the 1951 crop.

Wholesale prices for canned tuna have declined recently; and although stocks have moved fast, there is still an abundant supply.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 12, 1952

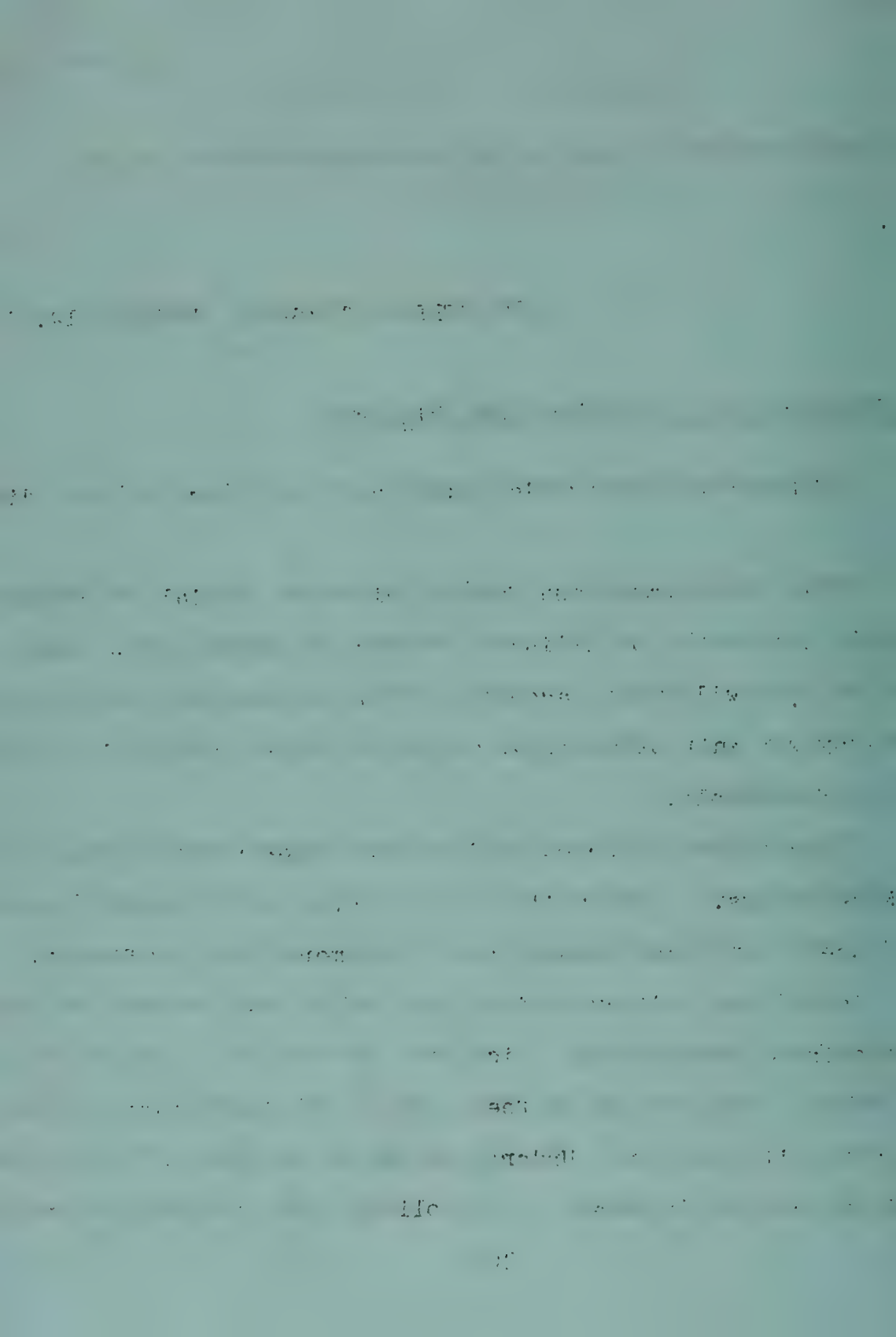
### Discuss Reasons for Discipline With Children

URBANA--Help your child understand the "whys" of your discipline.

Child development and family relations specialist Margueritte Briggs, University of Illinois College of Agriculture, says that children are more willing to accept discipline when they understand the whys--why we can't allow this, or why a certain action is wrong, unfair or unreasonable.

"Discipline--to be effective--must make sense to the child," reminds Miss Briggs. "Why can't I go outdoors or why should I wear rubbers?" needs a patient answer, and often more than one answer.

Take time to discuss with your child your reasons for certain discipline. Explain why it is best for him to do or not to do a certain thing. Find out how he feels about this particular action, and talk about it together. Understanding on the part of both parents and children results in accepted discipline that is effective teaching.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 13, 1952

### Specialist Prefers Large Bed for Baby

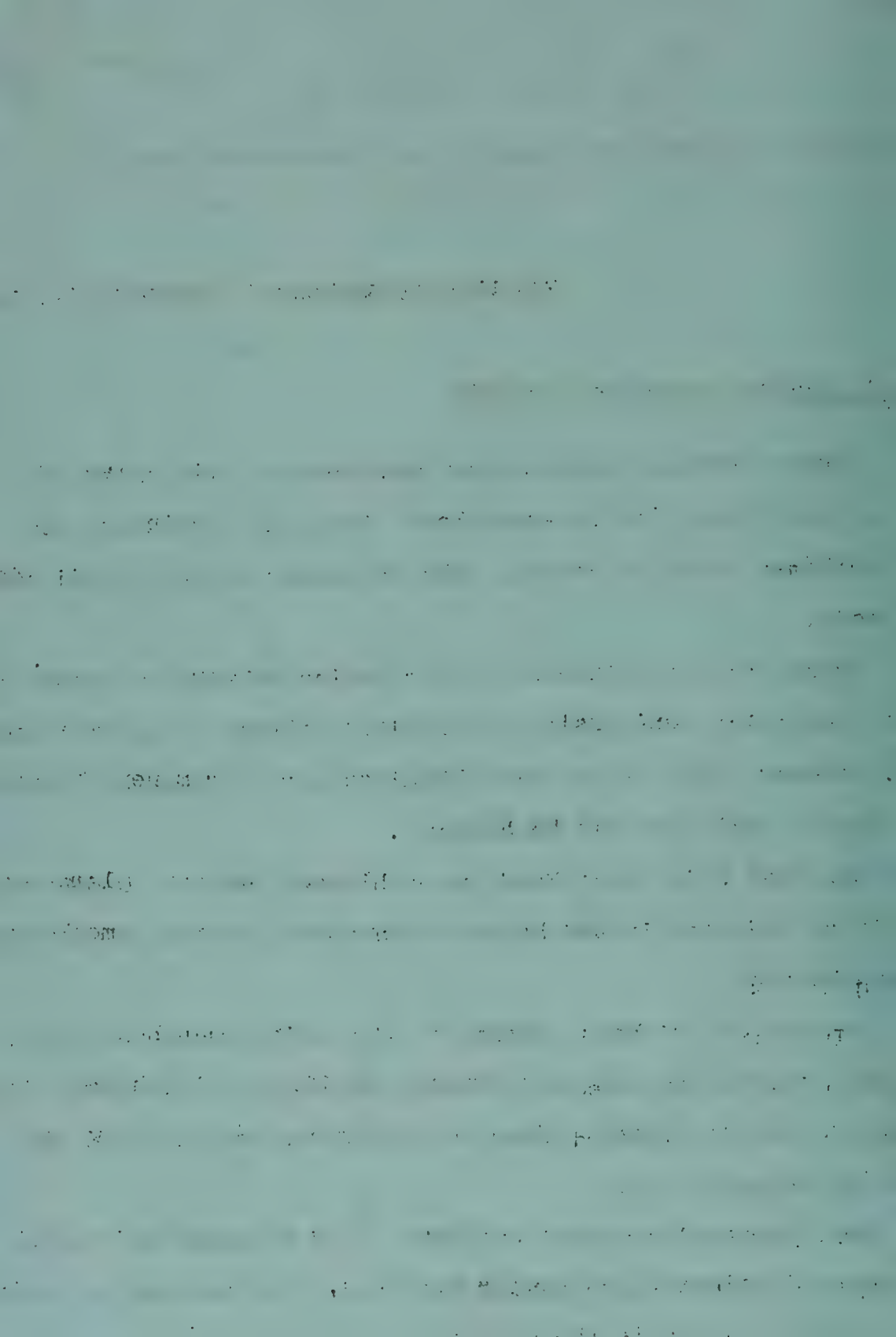
URBANA--Babies soon outgrow bassinets or tiny cribs and may just as well sleep in "six-year beds" from the beginning. By the time children start to school, they can sleep in full-sized beds or youth beds.

These are the opinions of Mrs. Marion McLaughlin, child development specialist, University of Illinois College of Agriculture. She adds, however, that if you have limited space or money or expect to move, then a small bed may be better.

Six-year beds, also known as children's beds or large cribs, can usually be adjusted to the height that's best for the mother when picking up the baby.

In some of the beds, either of the sides can be let down, allowing you to move the bed to different positions in the room without having to turn it around. When the sides can be let down, the bed is easier to make, too.

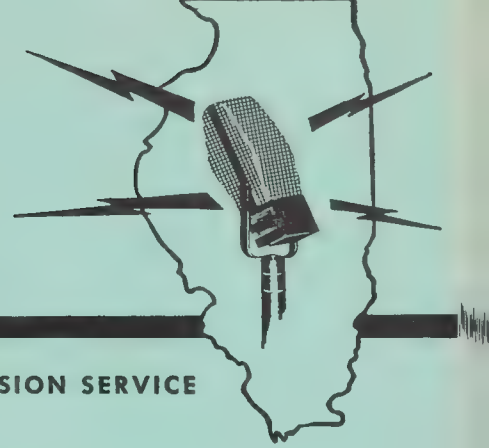
Mrs. McLaughlin points out that using a larger bed for a newborn infant is almost like having two beds. One end can be airing and kept freshly made while the baby is sleeping at the other end.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 14, 1952

### How to Make Posture Faults Less Obvious

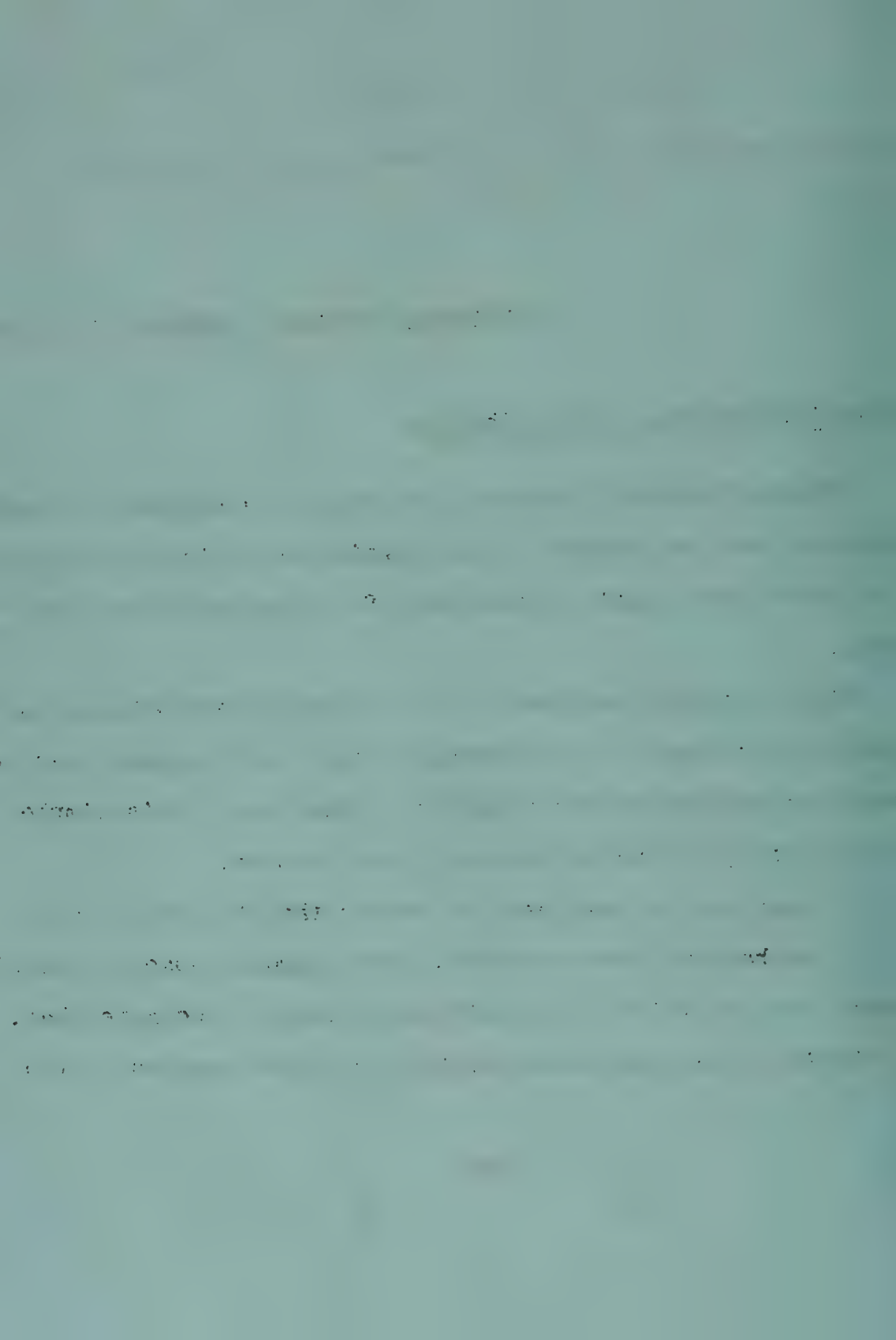
URBANA--Skillful placement of seams in a garment can make figure defects less noticeable. A University of Illinois clothing specialist tells how to make corrections for round shoulders and for a sway back.

Miss Ritta Whitesel says for a slightly round-shouldered figure the shoulder seam of the garment should be so placed that the end nearest the armseye slants slightly to the back. This simple detail will help to give the illusion of good posture.

You can hide a sway back by moving the side skirt seam slightly to the back at the waistline. This removes some of the slant in the seam from the waist to the hipline. However, be sure that, from the hipline down, the side seam falls at right angles to the floor.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 15, 1952

### Check Grade When Buying Beef

URBANA--Informative labeling extends to the meat counter these days. Government grades in beef give the key to wise buying. Suit the grade to your family tastes and pocketbook.

Meats expert Sleeter Bull, University of Illinois College of Agriculture, says that consumers with limited budgets will find the Commercial and Utility grades of beef most economical. This meat is graded lower than the more expensive grades because it has a smaller covering of fat and less marbling, which means that there is little or no richness. But it is as high in nutritive value.

The three other grades of beef most commonly found in retail markets are U. S. Prime, Choice and Good. Professor Bull gives the following interpretation of these grades:

Prime beef is a luxury item for most families. Its thick covering of firm white or creamy white fat, high degree of finish and marbling indicate rich tender meat that has considerable waste fat.

When you want palatability and economy, select U. S. Choice beef. This meat contains some, but not much, marbling. It has a good flavor, is reasonably tender and is not wasty.



## Check Grade When Buying Beef - 2

A large amount of fairly good lean at an economical price is what you get when you buy U. S. Good beef. The proportion of lean is considerably higher in this grade than in Prime.

For example, a Prime T-bone steak has 48 percent lean; a Good T-bone has 59 percent lean. But as you know, Good grade beef is not so rich in flavor nor so tender as the higher grade meats.

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## Cook Navy Beans Slowly

URBANA--If your navy beans seem to have tough skins, it may be because of the water you used. The United States Department of Agriculture says that hard water tends to toughen the skins.

Soak dried beans overnight, and cook them in the same water to save vitamins and minerals. Keep the temperature low--simmer rather than boil. Dried beans take up a lot of water, and you'll need to add hot water from time to time.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 16, 1952

### Suit Discipline to Each Child

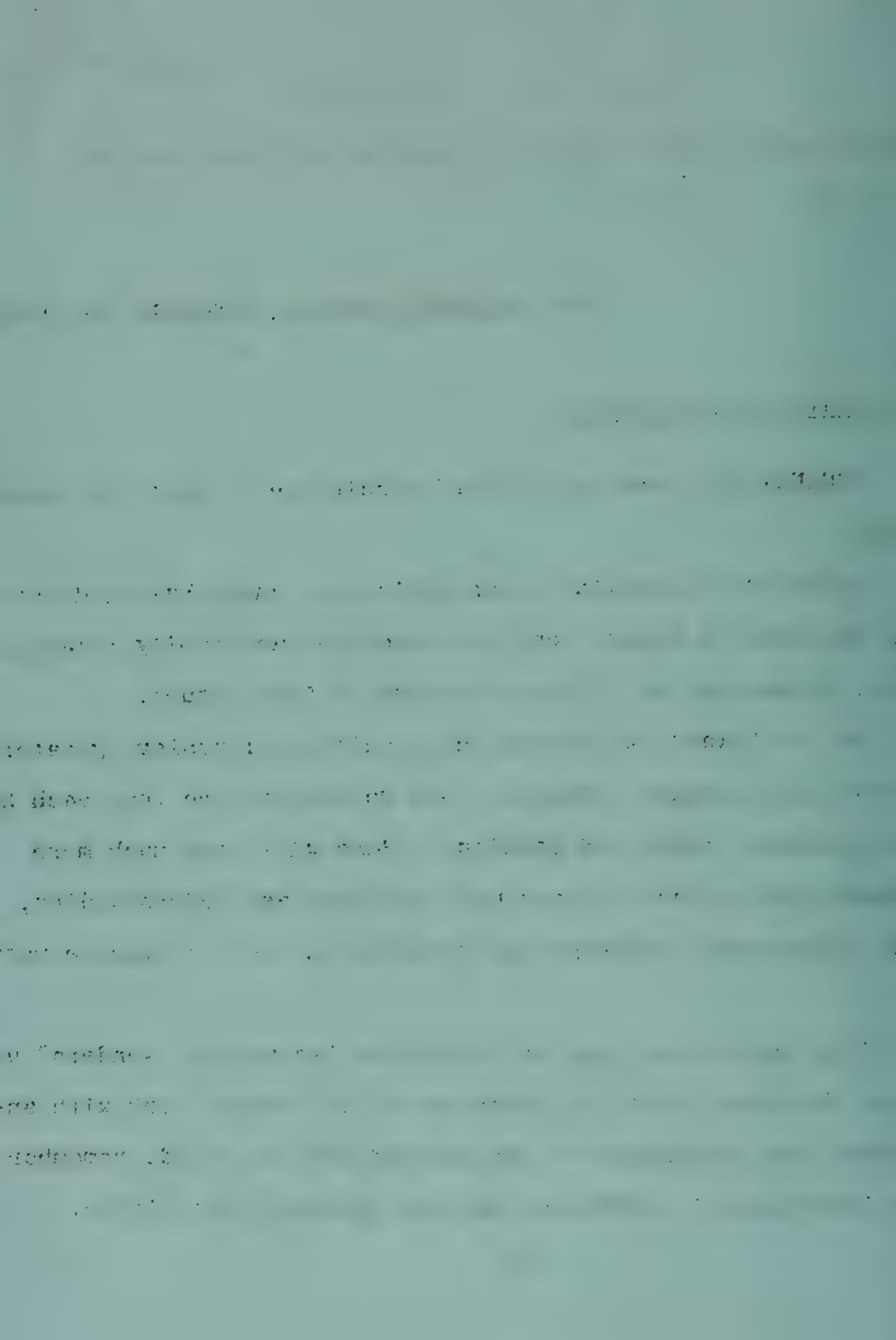
URBANA--You need to "tailor" discipline to meet the needs of each child.

Effective discipline is an individual child-by-child matter, says Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture.

We don't know in advance which child will achieve greater self-control and stronger character, but we can be sure that each has different problems, needs and feelings. Some will need much more encouragement and support, others more patience and understanding, and still others more challenge and prodding in order to become mature adults.

If a particular type of discipline has worked "wonders" with one of your children, don't be surprised if it doesn't work with another. Adapt the punishment to the misdeed and the child, remembering that each individual is different and has problems that differ.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 18, 1952

### How to Check Garments for Amount of Ease

URBANA--Test a garment for ease the next time you're buying or making one.

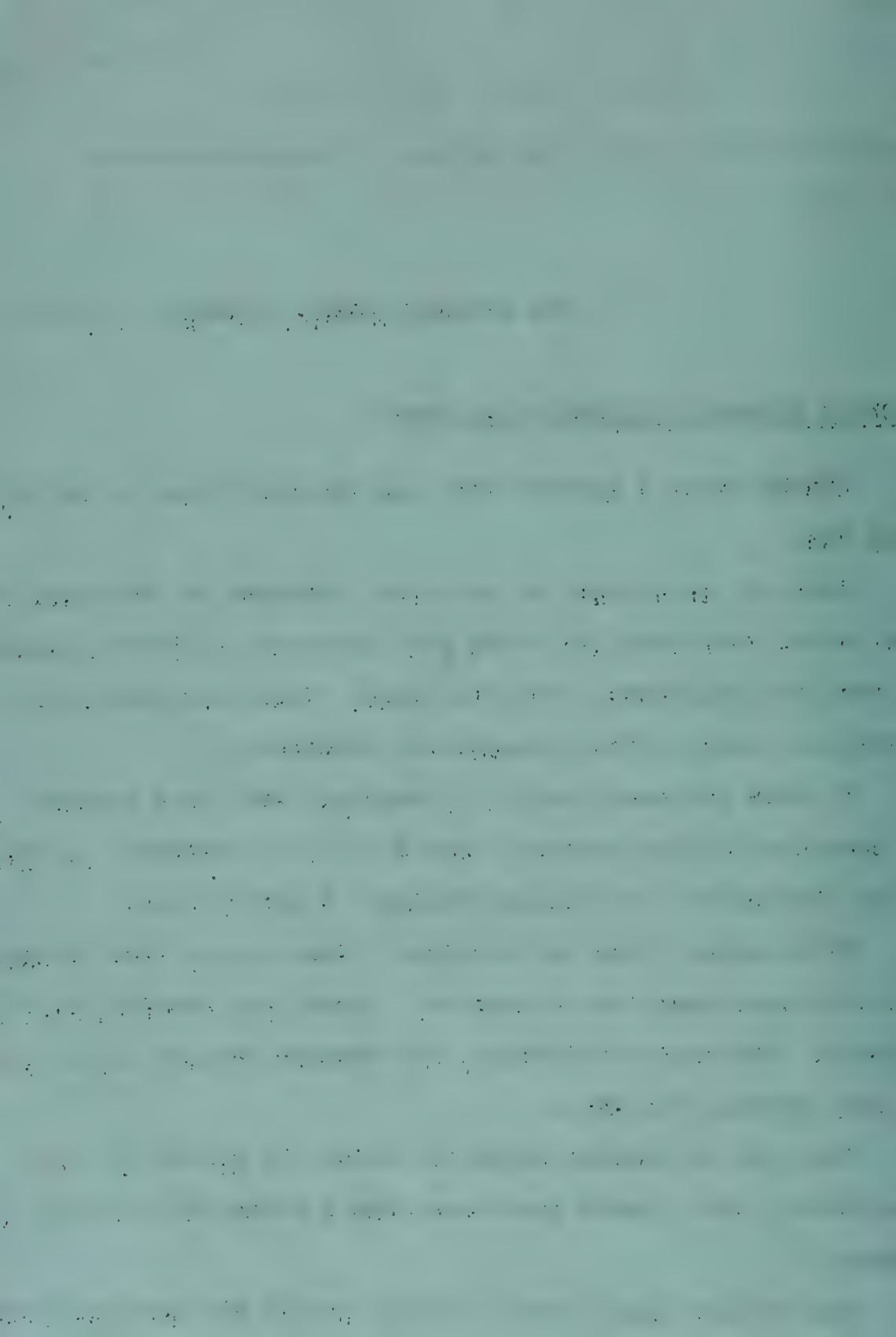
Just sit in a chair to test the tightness of the skirt over the hips; cross your arms and touch your shoulders with your fingertips to test for tightness across the back. Then bend your arms and reach over your head to test sleeves for tightness.

To know the exact amount of ease you want in a garment, you need to consider various factors, says Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture.

First--your likes and dislikes. Some people like to wear garments with more ease than others do. Prevailing fashions also have an influence. The empire waistline, for example, allows almost almost no ease through the waist.

The type of garment helps to decide the amount of ease. A dressy afternoon dress needs less ease than a house dress or one for active sports.

Your figure type--short or thin--should also be considered. A thin person needs extra fullness to cover angular framework, while





a stout one will appear larger than she actually is if too much ease is allowed. Ease can also hide figure irregularities, such as one shoulder or hip lower than the other. Garments designed with fullness over such areas can hide these faults.

Age and personality are other factors to consider. Children are restricted in play if their garments are narrow and skimpy. A sophisticated person can wear more closely fitted garments if she has a well-proportioned and graceful figure; the athletic type requires considerably more ease.

Finally, consider the kind of fabric in the garment. Little ease is needed when firm, heavy materials or ones with rough textures are used. Dainty, sheer materials need more looseness.

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### Oranges Plentiful and Low-Priced

URBANA--Oranges should be a good buy now. Shipments from Florida are heavy, and the cost has been running nine percent under December prices.

This information comes from the United States Department of Agriculture. You should find lower prices on canned and frozen juice too. Prices have been running twelve percent under those for December, reports the department.

For greatest economy when buying, compare the cost per ounce of processed or frozen juice with the amount of juice in a fresh orange. One orange is equal to about three ounces of juice.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 19, 1952

### Guides for Fitting a Dress

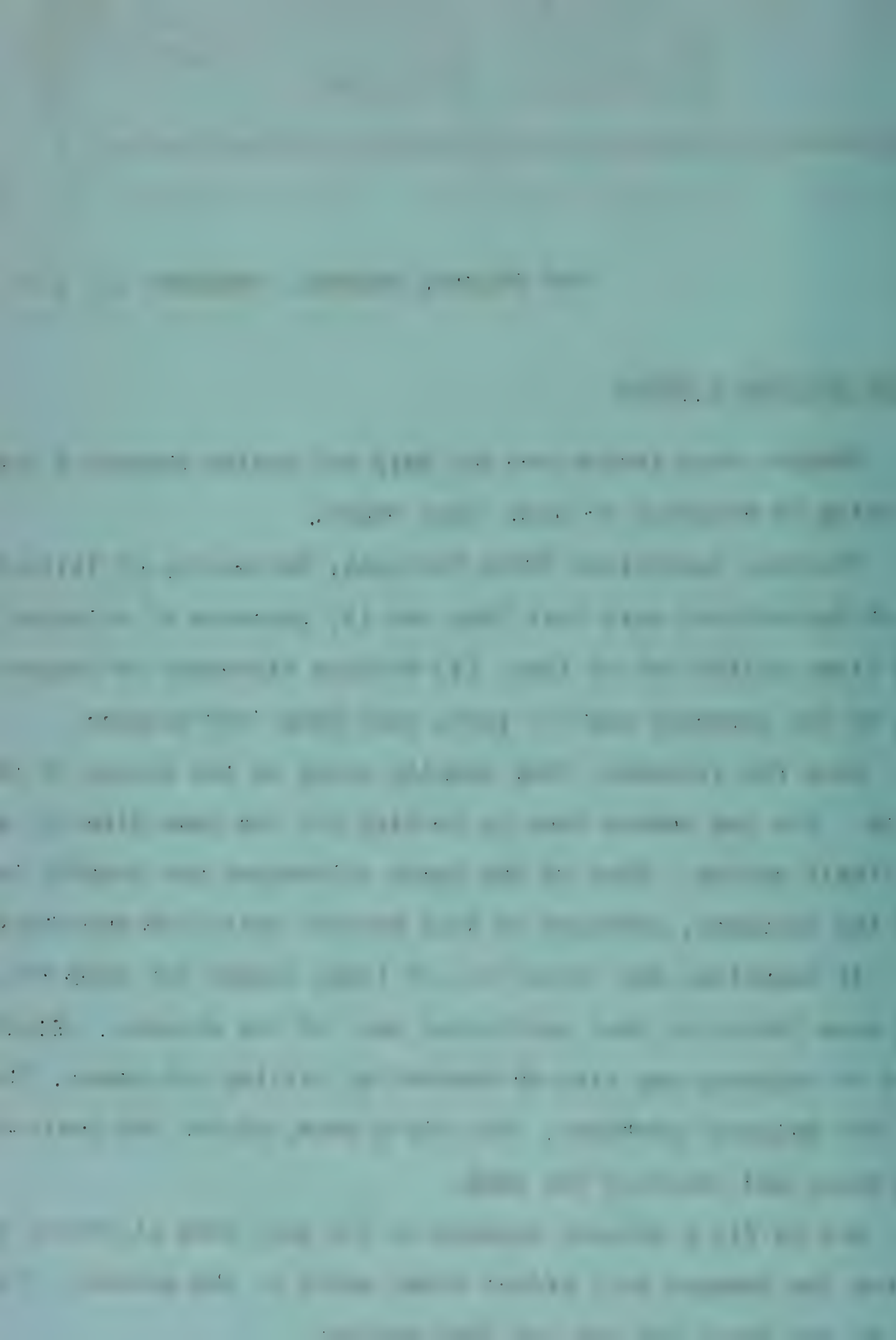
URBANA--Four indicators can help you decide whether a dress needs fitting or altering to look "just right."

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture says that they are (1) presence of wrinkles, (2) seam lines pulled out of line, (3) binding tightness or snugness in parts of the garments and (4) parts that hang "off balance."

Look for wrinkles--they usually point to the source of the difficulty. You can remove them by letting out the seam directly at-- or near--their source. That is why ample allowances are helpful in seams at the shoulder, underarm or side bodice, waistline and side skirt.

If seamlines are pulled out of line, simply let them out, allowing more fabric in that particular part of the garment. Binding tightness or snugness may also be removed by letting out seams. To correct "off balance" problems, just rip a seam, adjust the grain-line and then recut and restitch the seam.

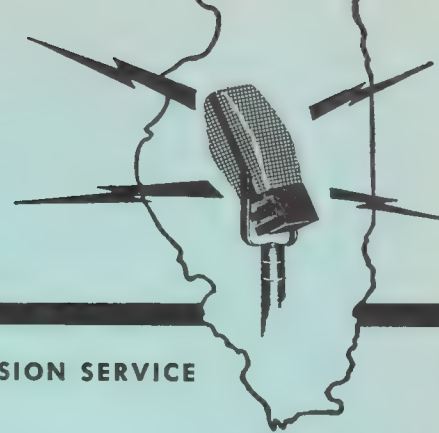
How to fit a garment depends on how much seam allowance it has and how the changes will affect other parts of the garment. You may need to try first one way and then another.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 21, 1952

### Keys to Making King-Size Muffins

URBANA--There's an art to making muffins. The secret is-- don't overmix them.

Fifteen to twenty strokes should be enough. Mix until the flour is moistened; leave the batter rough and lumpy.

Miss Mary Fuqua, foods and nutrition specialist, University of Illinois College of Agriculture, says there is a tendency to overmix. Because muffin recipes call for small amounts of sugar and fat, overmixing causes the development of too much gluten in the flour.

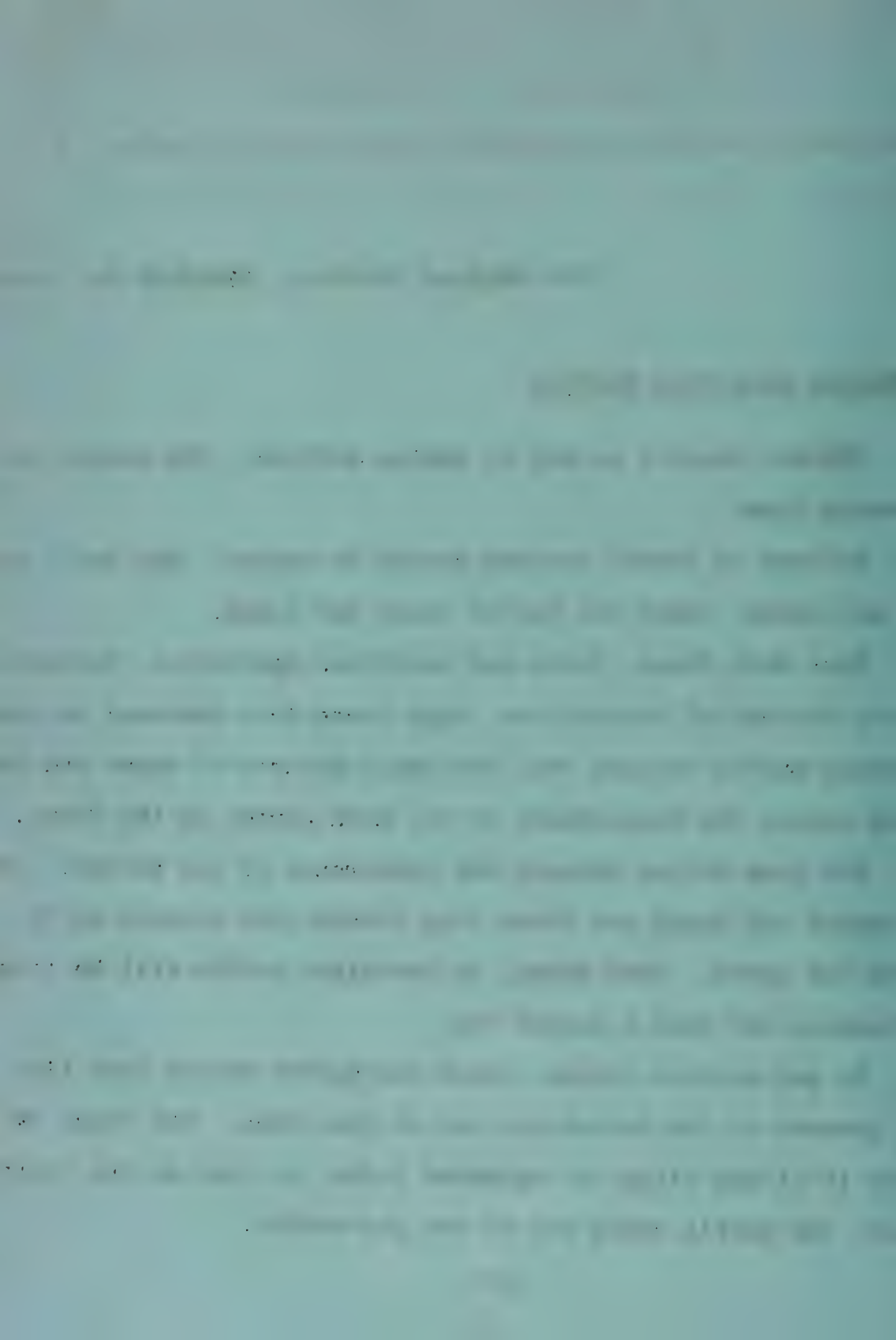
Too long mixing changes the appearance of the batter. It becomes smooth and shiny and forms long ribbon-like strands as it falls from the spoon. When baked, an overmixed muffin will be tough, contain tunnels and have a peaked top.

To get maximum volume, spoon the muffin batter into tins that are greased on the bottom but not on the sides. The dough expands more if it can cling to ungreased sides; as long as the bottom is greased, the muffin comes out of the pan easily.

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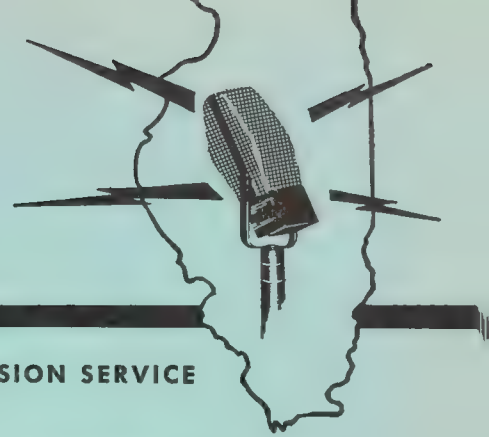
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 21, 1952

### Effective Discipline--Guidance, Not Punishment

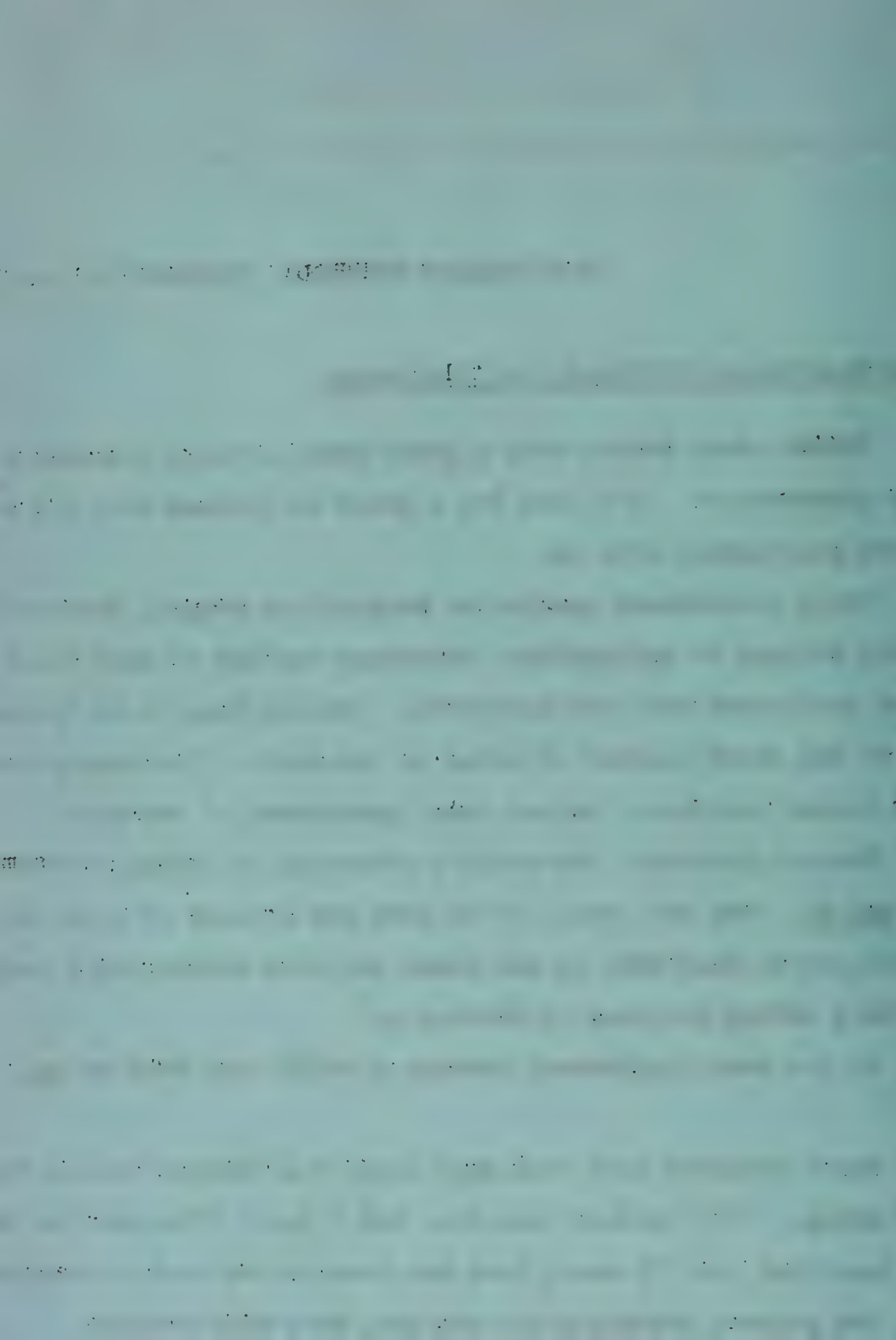
URBANA--Most adults vary a great deal in their response to a child's misbehavior. It's hard for a child to foresee what the reaction--and punishment--will be.

Child development specialist Margueritte Briggs, University of Illinois College of Agriculture, describes one way to make discipline more consistent and more effective: "Decide what to do in terms of value to the child instead of value to the adult. The discipline will then become 'guidance' rather than 'punishment,'" she says.

Through guidance, the child's attention is called to something he may do. The net result is to give him a sense of trust in his parents--he'll know what he can count on--plus giving him a feeling that he's making progress in growing up.

At its best, punishment teaches a child only what he may not do.

Don't withdraw love from your child just because he has done something wrong. "I'll always love you, but I don't like what you've done" is justified, but "I can't love you when you're such a naughty child" is the poorest technique you can use, says Miss Briggs.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 22, 1952

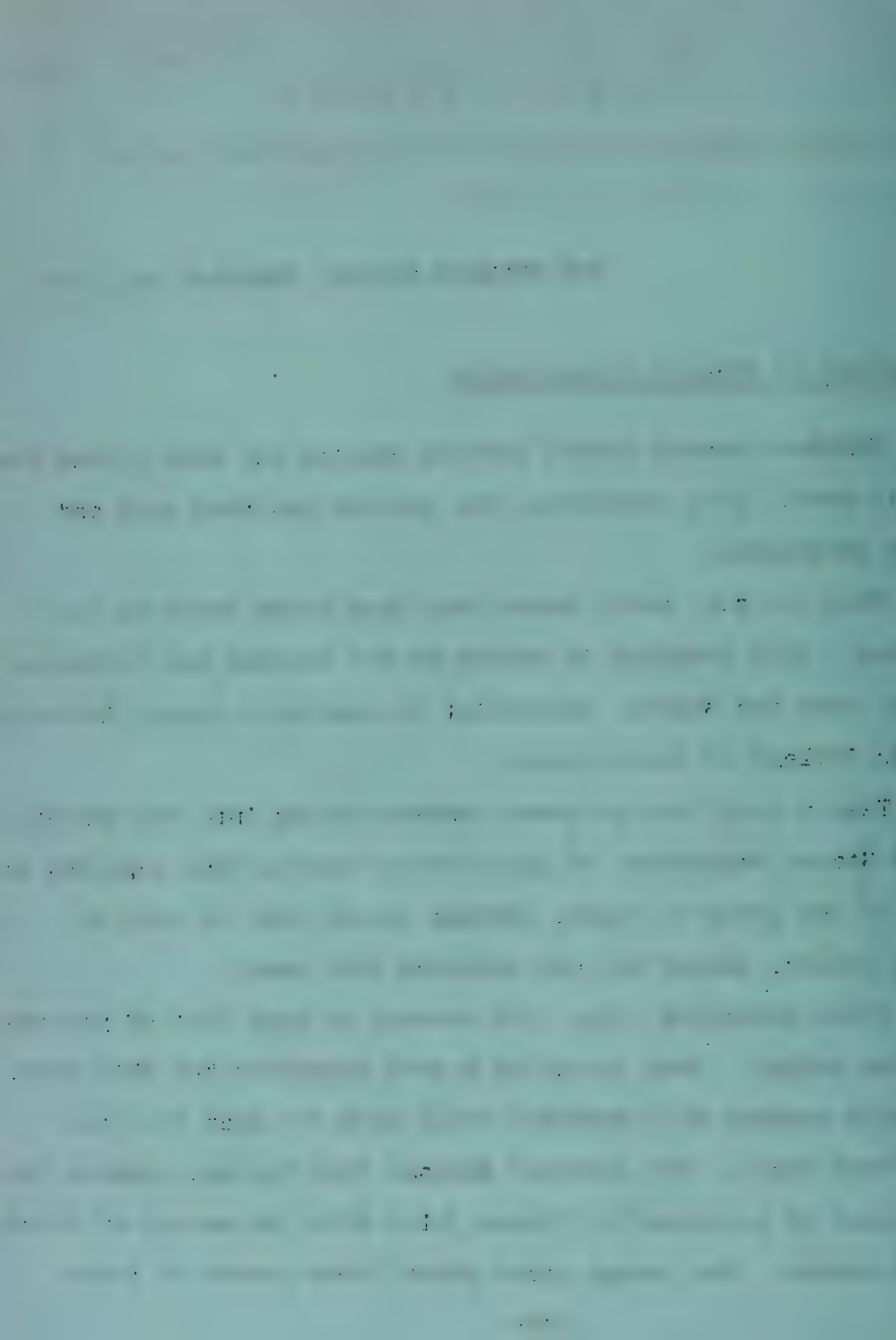
### Take Advantage of Plentiful Vegetables

URBANA--Iceberg (head) lettuce remains our best friend for salads this week. It's plentiful, the quality has been good and prices are reasonable.

When you buy, avoid heads that have brown edges on the outer leaves. This browning is caused by hot weather and indicates bitterness, says Lee Somers, specialist in vegetable crops, University of Illinois College of Agriculture.

Take a good look at green cabbage moving into the markets. The United States Department of Agriculture reports that supplies are heavy--so if the price is right, cabbage should star on lots of tables--in salads, served hot and prepared with meat.

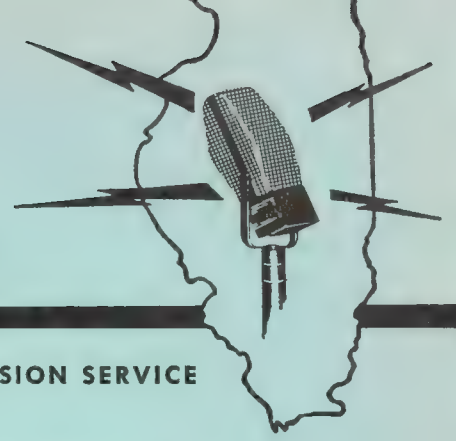
Other marketing tips: Add carrots to your list if you are watching the budget. They should be a good vegetable buy this week. Florida juice oranges will probably still give you most for your money in fresh fruit. For greatest economy when buying, compare the cost per ounce of processed or frozen juice with the amount of juice in a fresh orange. One orange gives about three ounces of juice.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 23, 1952

### What We Mean by "Educative" Discipline

URBANA--Parents who think of discipline in terms of "making a child mind" may be hindering instead of helping their child. A better attitude is to be grateful when his behavior is pleasing, but to be more concerned whether he has wholesome thoughts and feelings.

So says Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture.

We want a child to feel his responsibility to do right as soon as possible, explains Miss Briggs. Our over-all goal should be to guide him so that he has healthy attitudes toward other people in his world. We all know how we feel when someone tries to put us "in our place." A child also has feelings, curiosity and initiative and wants to be on his own as much as possible.

Work to develop these attitudes in your child: When he divides a treasure, it is better for him to share because he wants to do it than because he wants adult approval. When he says, "I'm sorry," he should truly feel sorry rather than merely say it because it is required or expected of him. It is better for him to do things for you because he wants to, and not because he wants a special favor.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

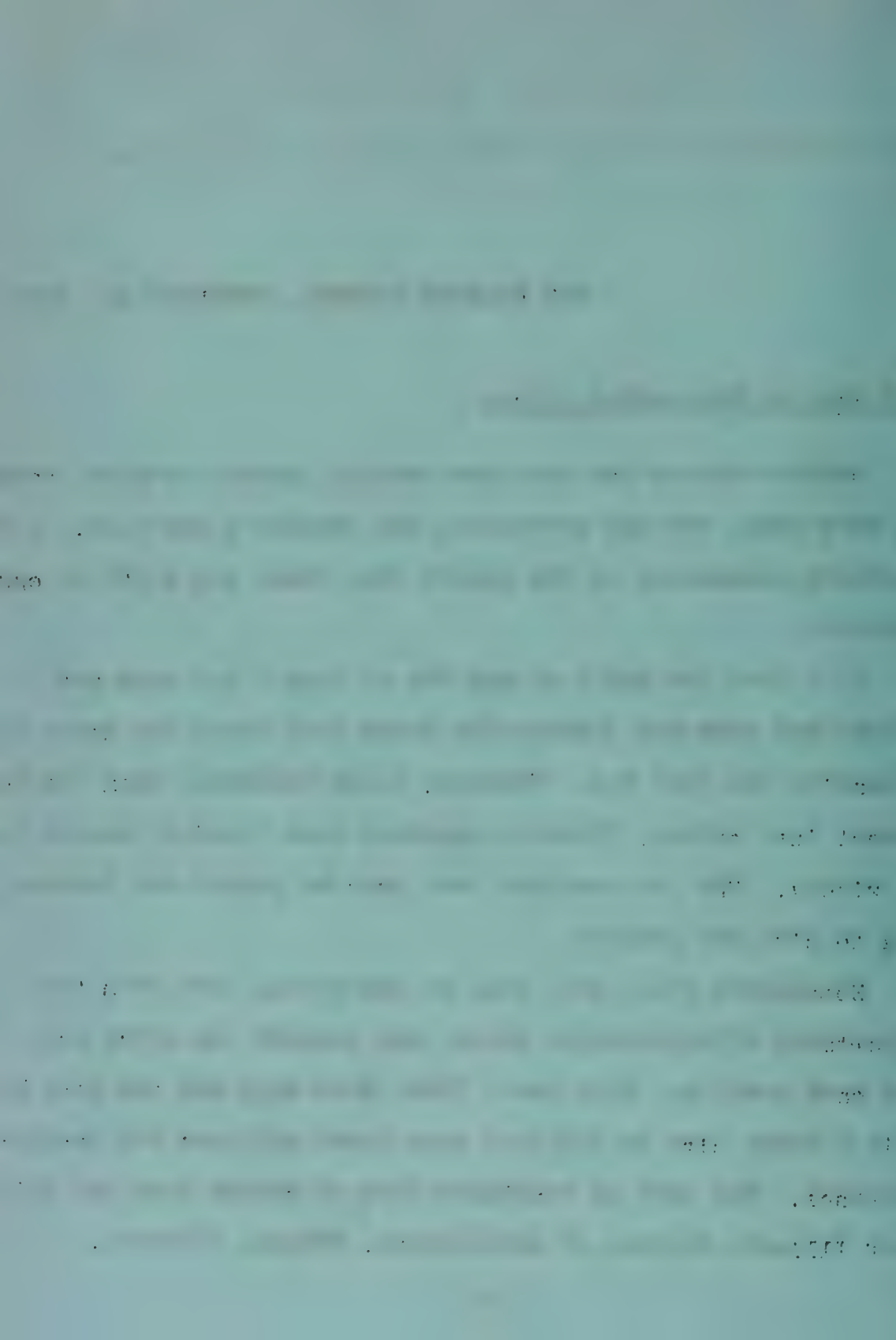
FOR RELEASE TUESDAY, FEBRUARY 26, 1952

### Plenty of Eggs at Reasonable Prices

URBANA--Either the hens are working harder, or else there are just more hens, for egg production has reached a new high. But what interests homemakers is the report that there are a lot of eggs at low prices.

It's true "an egg's an egg for a' that," but some are peewee sizes and some are jumbos--the dozen that costs the least is not necessarily the best buy. However, since December, when the new egg law went into effect, Illinois shoppers have found it easier to buy eggs wisely. The law requires that eggs be graded and labeled according to size and quality.

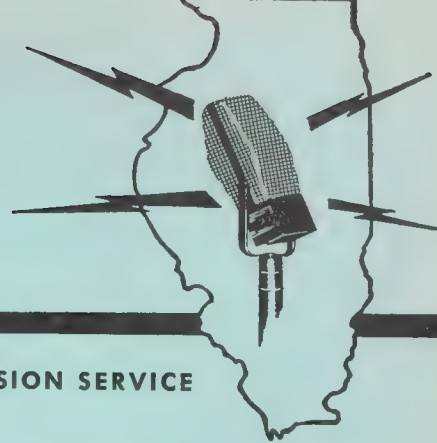
Homemakers find, too, that an egg-buying card from the U. S. Department of Agriculture helps them compare the price per pound for each quality. This card, "What Size Eggs Are the Best Buy Today?" is a handy size to fit into your purse and have for on-the-spot reference. The card is available free of charge from the University of Illinois College of Agriculture, Urbana, Illinois.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 27, 1952

### Over-the-Counter Tests for Fabrics

URBANA--Tax-weary spring budgets call for wise selections at fabric counters. Check for quality that meets your needs and pocketbook. Here are some tests you can make on the spot. They are suggested by Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture.

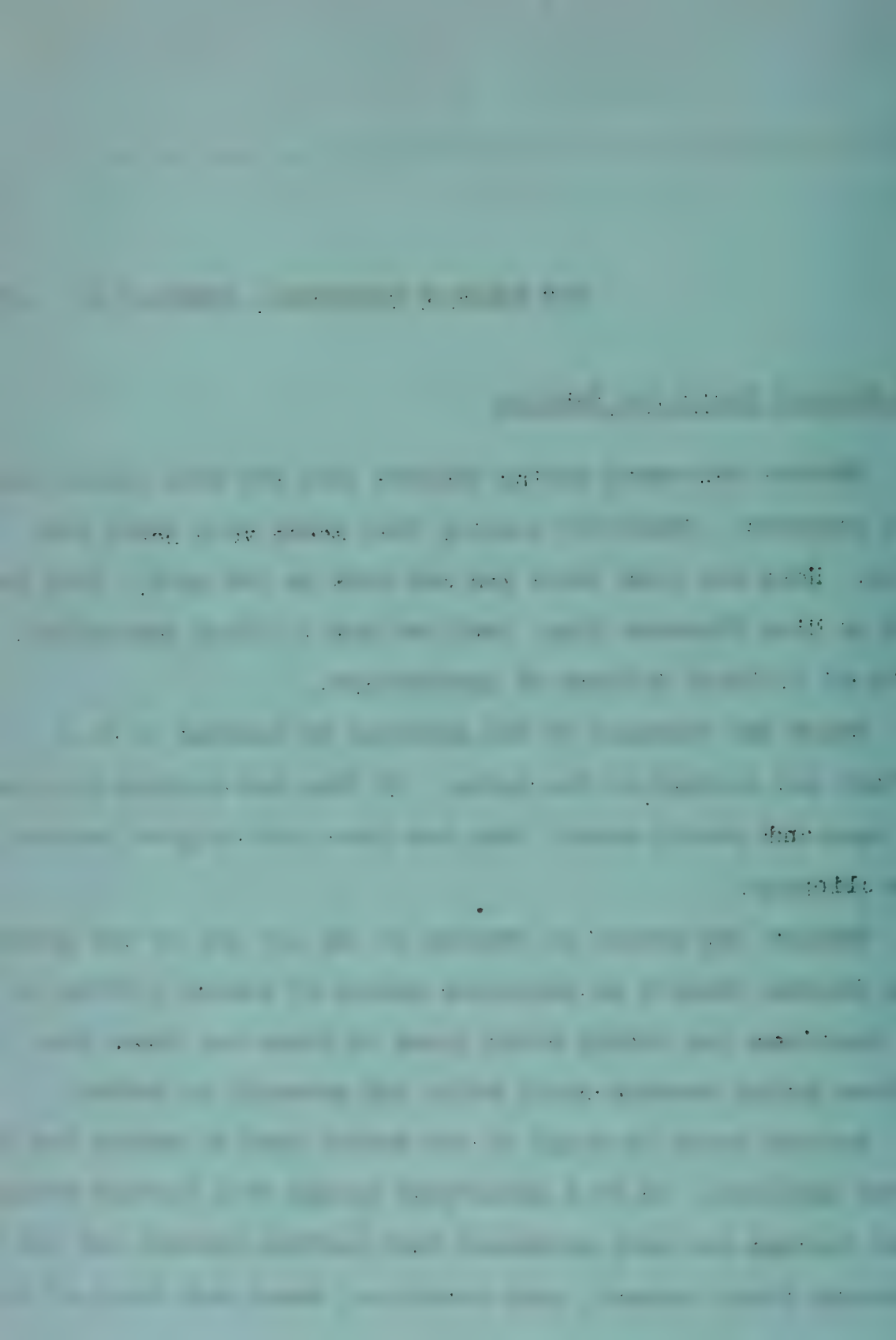
Check the firmness of the material by holding it to a strong light and looking at the yarns. If they are uniform in size, smoothly spun and evenly woven, they are least apt to give trouble with yarn slippage.

Examine the amount of fraying at the cut end of the material; also note whether there's an excessive amount of starch filling or sizing. Sometimes the sizing holds yarns in place and keeps the fraying from giving trouble until after the material is washed.

Another point to study is the method used in making the design on the material. Is it a structural design or a surface design? Structural designs are more permanent than surface designs and are obtained through fiber content, yarn structure, weave and dyeing of the fabric.

-more-





## Over-the-Counter Tests for Fabrics - 2

Embossing is an example of a surface design which is very popular this spring. It is made by a process which presses a figure or design into the woven fabric. Paste and flocked dots are other examples of surface designs. Neither will withstand repeated laundering or dry cleaning.

Check all surface designs for straightness, regardless of the use you plan to make of the material. Unless the design is applied straight with the grain of the material, the garment made from it will neither fit nor hang correctly.

-30-



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 28, 1952

### Encourage Good Clothing Habits--Furnishings Help

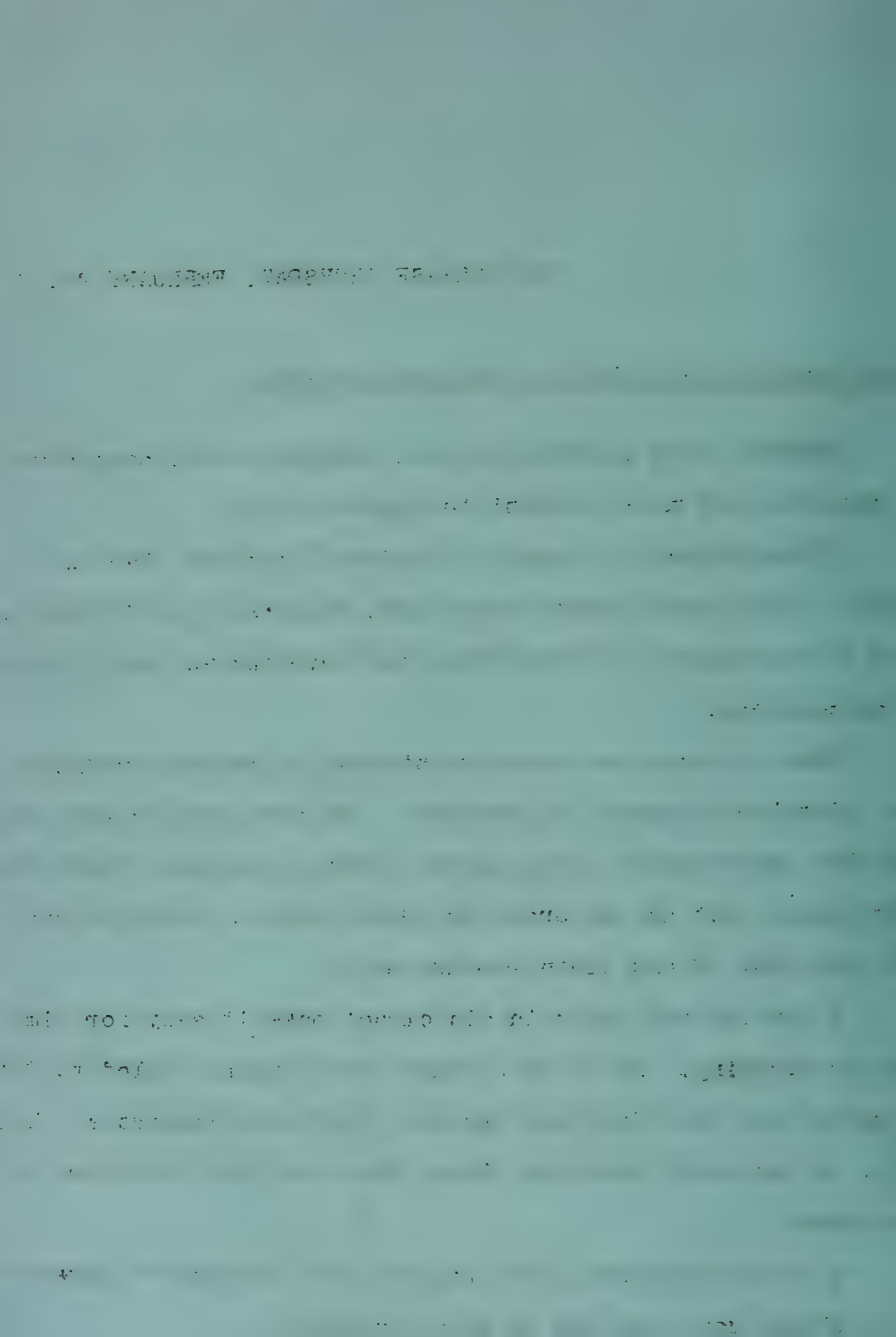
URBANA--Good clothing habits, learned early, make home living smoother and more pleasant throughout life.

"When neatness is easy to achieve," says Mrs. Marion McLaughlin, child development specialist, University of Illinois, "a child is encouraged to orderliness and develops an early pride in his possessions."

When a youngster shows an interest in helping with his clothes, give him a chance to practice. Let him learn to get certain clothes for himself--clean socks, shirts, panties. Have them in a low drawer that he can open and close easily. Later he can learn to put most of his clean clothes away.

A low rod and hooks in his closet make it easy for him to hang his clothing. He'll be pleased with hangers scaled to fit his garments--you can also bend regular-sized wire hangers so that they fit. A low shelf near the closet door can hold his shoes and house slippers.

A child-sized hall rack is good for hanging the snowsuit, raincoat, winter coat and cap he wears regularly.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 29, 1952

### Muffin Variations, Quick and Easy

URBANA--Serve muffins promptly. They can't grow weary with waiting if they're to be famous and mouth-watering.

Variety enhances their popularity too. A plain muffin batter provides the perfect base for adding sweetmeats and spices.

Food specialist Mary Fuqua, University of Illinois College of Agriculture, suggests variations that'll tempt all tastes.

Make fruit muffins by adding some chopped dates, raisins, apples or dried apricots to your favorite muffin batter. Spices--ginger, cinnamon and cloves--can be added to the dry ingredients and the muffin mixed as usual. But go easy with amounts until you've done some experimenting.

Orange honey muffins are another surprise treat. Add two tablespoons of sugar to your muffin recipe. Place a teaspoon of honey and an unpeeled orange slice in each muffin cup before adding the batter. Serve the muffins with the orange slice up.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 1, 1952

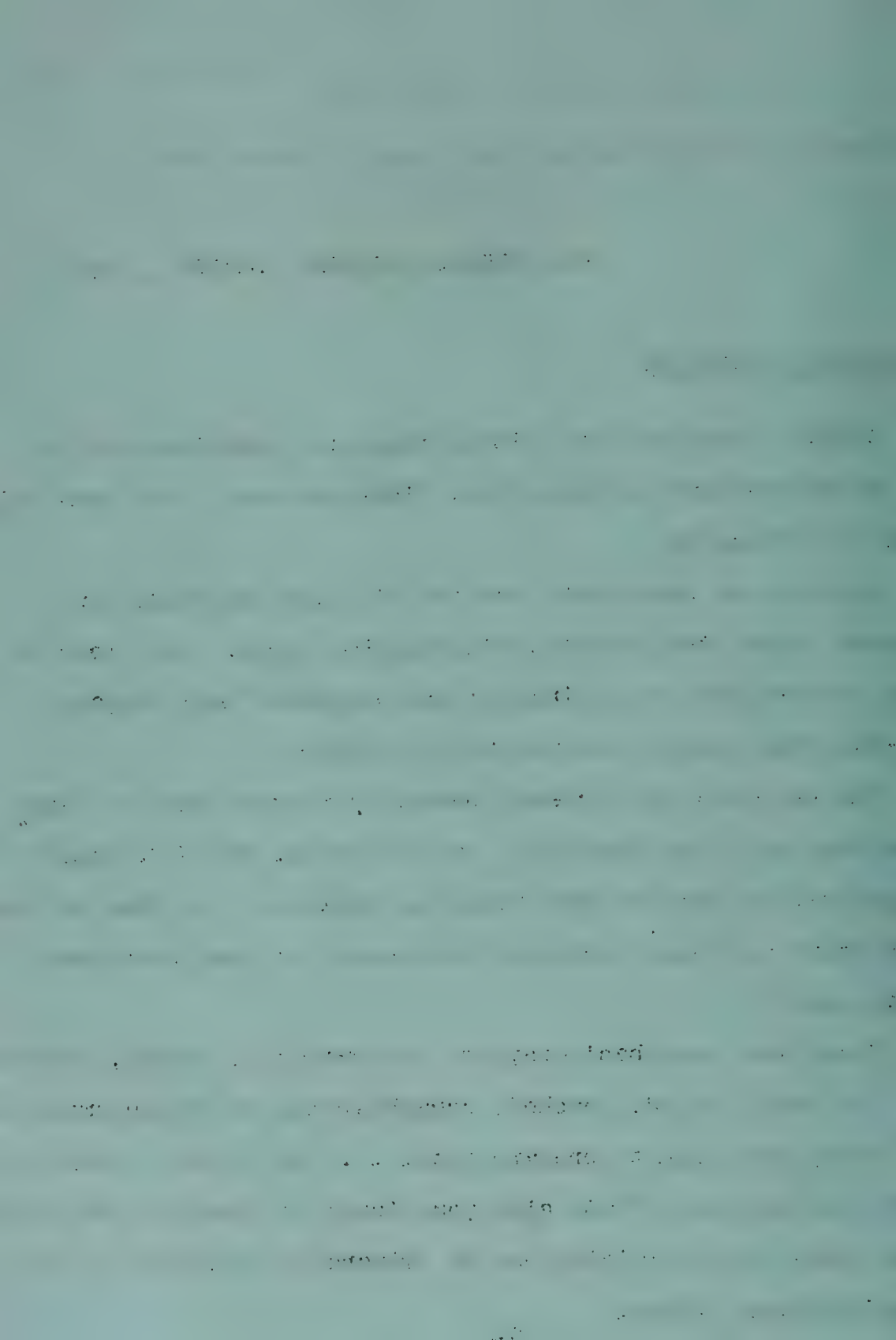
### Eggs--A Bargain in Health

URBANA--When you buy a dozen eggs, you take home twelve capsules of an excellent protein food. They are one of our most valuable foods nutritionally.

Eggs are an excellent food for all ages and their low calorie count makes them important in reducing diets. In a medium-sized egg, health-protecting minerals and vitamins "keep company" with body-building protein and about 75 calories.

One egg each day for each person is a good rule for times like these when eggs are plentiful. As for price, the U.S. Department of Agriculture reports that there has been only one time in the past eight years when eggs have sold as cheaply as they have been selling this month.

There are seven basic ways to prepare eggs: baked, broiled, cooked in the shell, fried, poached, scrambled and in simple omelets. But don't worry about how to prepare them. . . the U.S.D.A. pamphlet "Egg Dishes for Any Meal," will give you plenty of ideas for variety. You can get your copy by writing to the University of Illinois College of Agriculture, Urbana.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 3, 1952

### Is That Job Really Necessary?

URBANA--Men have been called the best housekeepers. It is said that they get rid of work by preventing it.

But women do a lot, too, toward finding easier and pleasanter ways to work. The first step is the desire to do so, believes Miss Margaret Goodyear of the home economics department, University of Illinois College of Agriculture.

Start with the little things--the things that can be changed. Decide which jobs you can eliminate entirely. For instance, do you get enough satisfaction from the bric-a-brac to pay for the time you spend in dusting it?

Does the family really want and need frosted cake for dessert, or would more fruit and simple desserts do just as well?

Are hard-to-iron frills and ruffles necessary for smart-looking children's clothes?

Another way to make housework easier is to have a well-equipped home. Again, start with the small things that can be changed or improved. Miss Goodyear suggests that good cutlery, cooking utensils, mops, comfortable ironing boards and irons can do much toward reducing the time and energy costs of household tasks.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 4, 1952

### Energy--the Stepchild to Time and Money

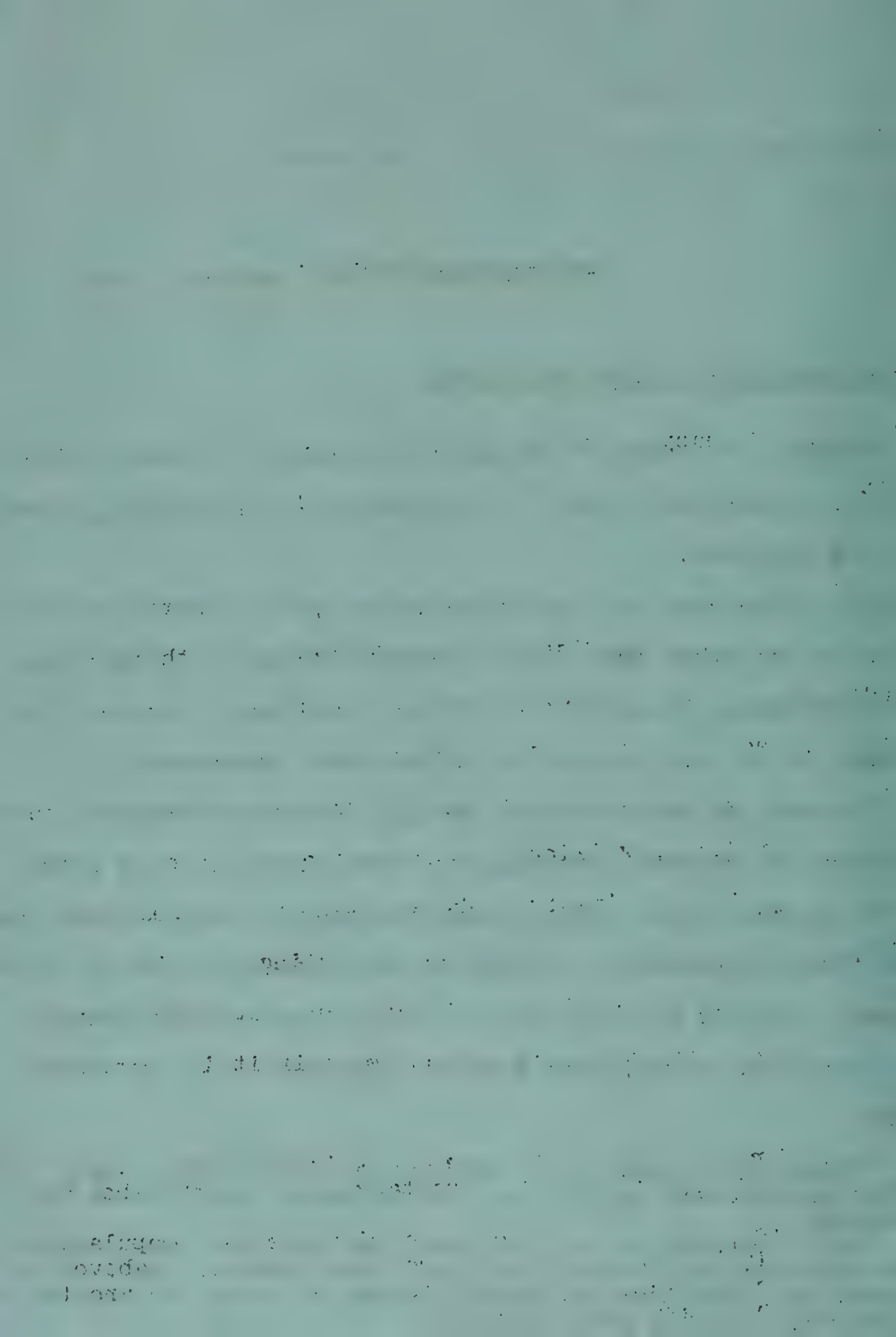
URBANA--It's easy to become so interested in saving time and money that you sometimes forget to save energy. All three of these resources are precious..

You often come out the loser unless you use each resource in relation to the other two. Miss Margaret Goodyear, of the home economics department, University of Illinois College of Agriculture, suggests that it is work habits that often need improvement.

"Unless you have abundant energy," says Miss Goodyear, "you might question the wisdom of walking to three stores to save a few cents on the grocery bill. Think twice before you carry a heavy load of clothes from the basement in order to avoid wasting time in carrying two loads. And it might be wiser to buy a comfortable ironing board and iron than to keep your present equipment if it is clumsy and awkward.

"Think before you act if you are to avoid extra steps. If you plan the easiest way to do your routine tasks, you'll save both time and energy.

"Try to alternate the jobs you like with the less popular ones. You can even plan for an occasional rest period. And, above all, you need adequate food and plenty of rest at night if you are to feel relaxed and fresh to start each day."



Sewing Machines--Clean & Oil Regularly

URBANA--Better clean and oil your machine before you start sewing those Easter duds. If you neglect this job, the accumulated lint may make your machine run hard and can cause real trouble.

Clothing specialist Helen Zwolanek, University of Illinois College of Agriculture suggests lifting the head of your machine and studying the parts before you start the cleaning job. Your instruction book will serve as a guide. If the machine has a piece of red felt which holds oil for the shuttle, be careful not to remove it with the lint.

Use a small brush or a hairpin to remove the lint from around the feed dog and the lower mechanisms. Wipe the dirt off the other parts of the machine head.

If the head is very dirty you may need to run cleaning fluid through all of the oil holes and the working parts. Caution: Be careful of fire--turn the machine gently by hand, not by motor, for a few minutes with the cleaning fluid in it to flush each bearing thoroughly. Then wipe and let dry for half an hour or longer.

Oil the machine head with a good grade of sewing machine oil, not a general-purpose lubricant. Place a few drops of oil in each oil hole and at each point where two metal surfaces rub together. Miss no spots, either on the head or on the underneath part. Wipe off excess oil and run the machine for a few minutes. If you use a cleaning solvent, you'll have to repeat the oiling process in a few days.





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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 6, 1952

### Rules for Quarreling

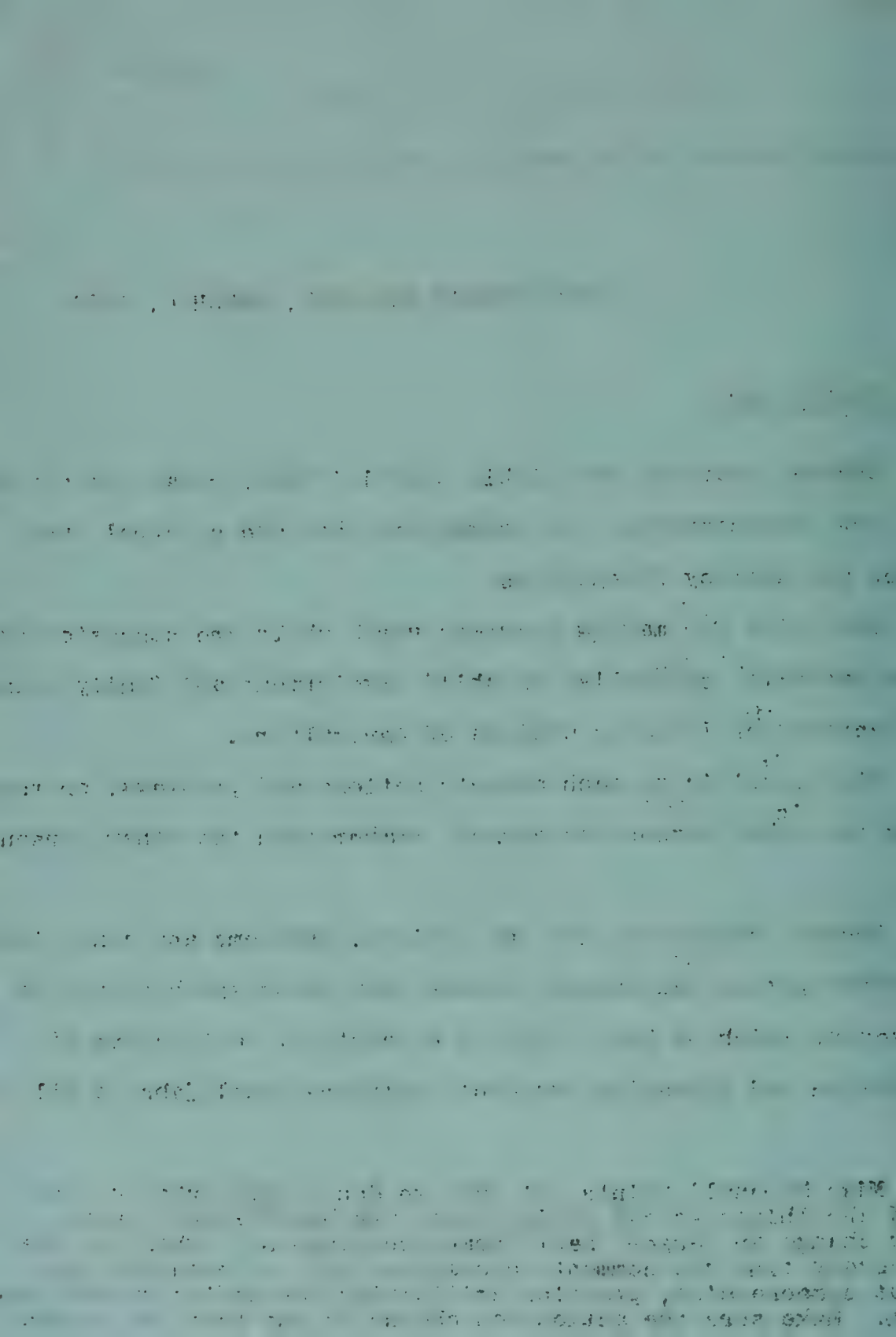
URBANA--Quarrels are highly useful if they clear the air and lead to a new understanding. But sometimes they are so cruel they break homes and destroy friendships.

Two rules for making quarrels worth while are suggested by Miss Helen Marshall, specialist in child development and family relations, University of Illinois College of Agriculture.

First, criticize each other's actions and problems, or the conditions the other person has caused, rather than the other person himself.

Second, criticize only the actions, problems and conditions that the other person can change, rather than those which cannot be changed or over which he has little or no control. Criticisms of characteristics and situations we can't help are cruel jabs to all of us.

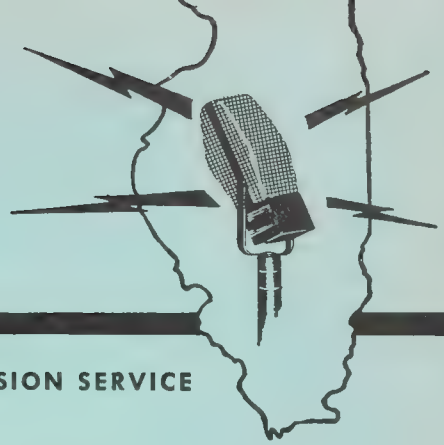
Miss Marshall points out that we don't think when we are angry, and the things we say during anger are based largely upon habit. To change an "anger" habit means working on it when you are calm. So every time you comment on someone else, or even when you think about someone else, practice criticizing the action rather than the person. Make sure the action you choose is one that the person can change.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 8, 1952

### Meaty Tips for the New Cook

URBANA--When it comes to cooking pork chops and pork steaks, we should break the general rule of using dry heat for tender cuts of meat, says food specialist Glenna H. Lamkin, University of Illinois College of Agriculture.

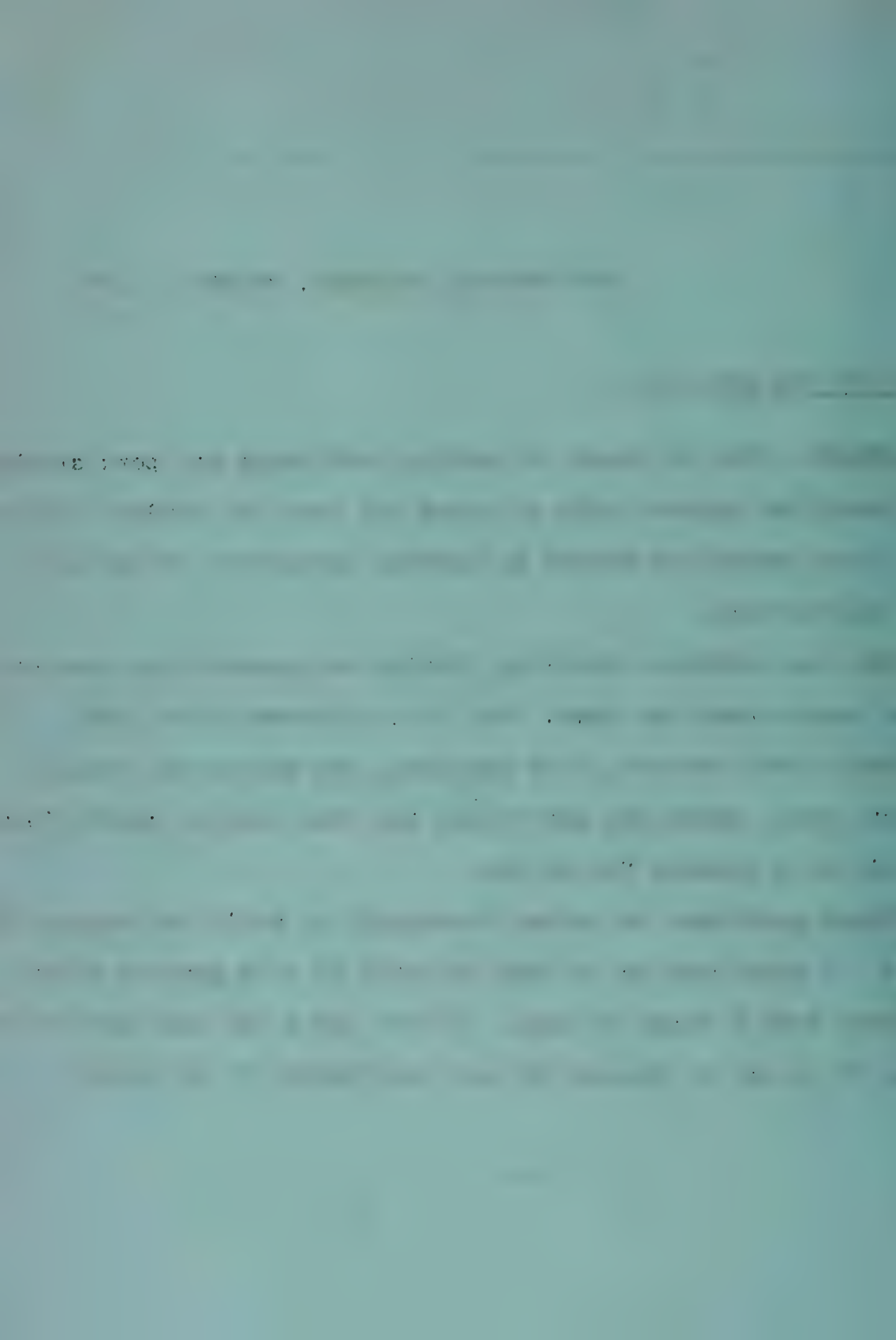
Dry heat methods--broiling, frying and panbroiling--are excellent for tender beef and lamb. But it's different with pork.

Moist heat methods, like braising, are better for thinly sliced fresh pork. Brown the meat first and then cook it slowly in a little liquid in a covered frying pan.

Fresh pork must be cooked thoroughly to avoid any danger of trichinosis. A good rule is to cook it until it is a grayish white color, without even a tinge of pink. If you use a dry heat method for fresh pork, it is apt to become dry and hard before it is cooked through.

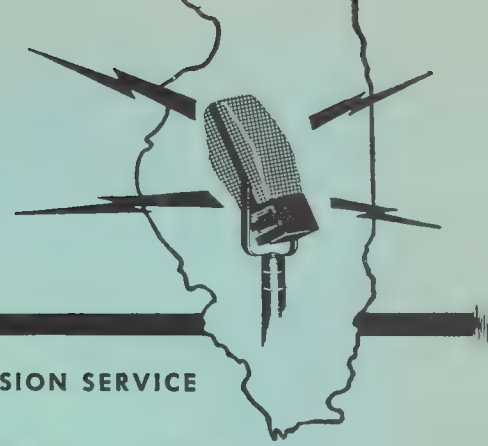
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 10, 1952

### High School Hospitality Day--March 29

URBANA--An invitation to attend High School Hospitality Day at the University, March 29, has been issued to all junior and senior high school girls in the state. The event is being sponsored by the Home Economics Student Council and the department of home economics.

The day's program, being planned by the council, is designed to acquaint prospective students with the campus, to interest them in home economics and to give them an idea of the home economics program at Illinois. A faculty member or mother of one of the girls is invited to accompany the students.

The council reports that a system of preregistering has been suggested to the home economics teacher or other designated representative in each high school. Those planning to attend should arrange to preregister and make luncheon reservations before March 20.

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THE JOURNAL OF THE

ROYAL ANTHROPOLOGICAL INSTITUTE

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1945

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 11, 1952

### Pressure Saucepan Safety

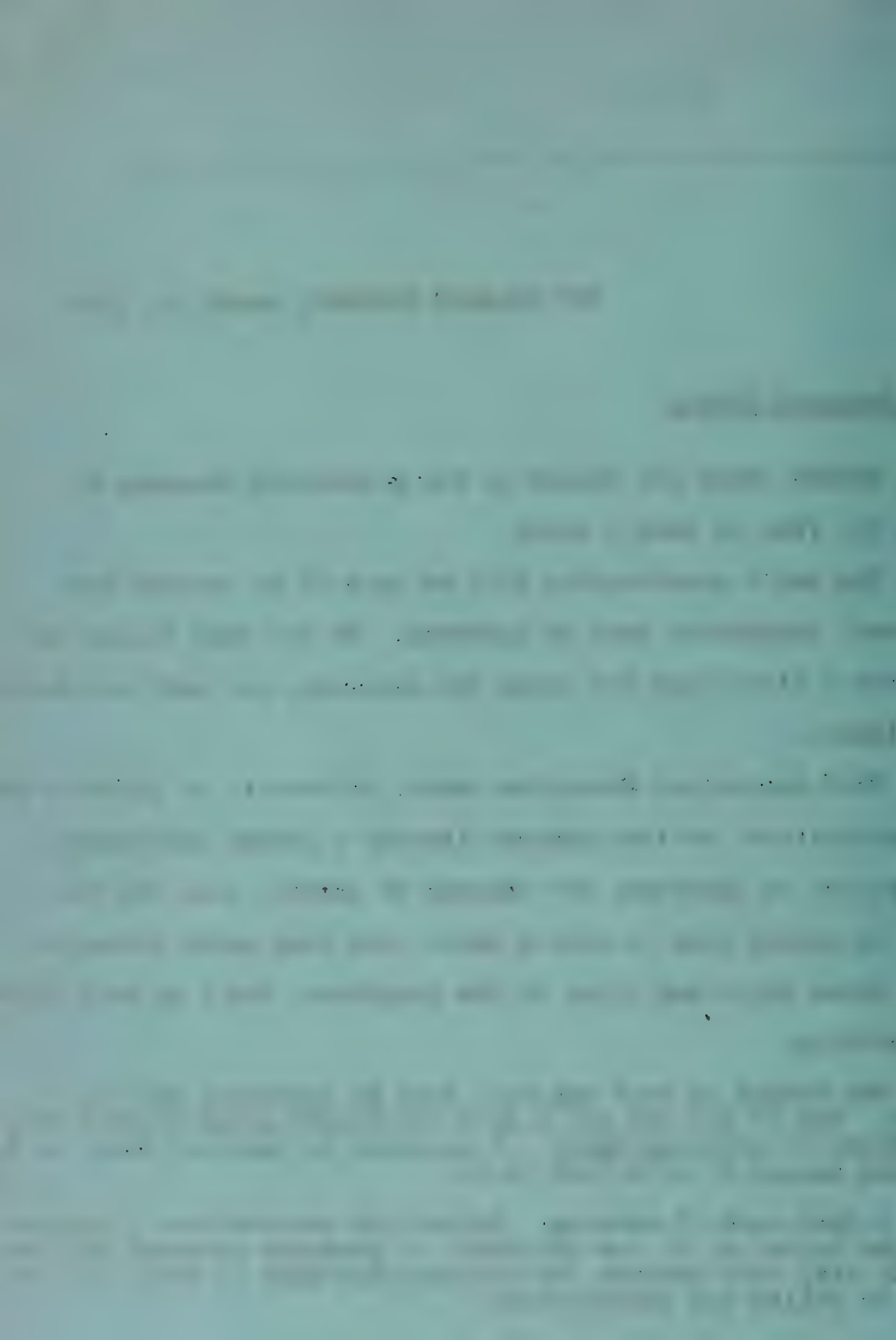
URBANA--Have you wanted to buy a pressure saucepan but hesitated for fear it wasn't safe?

The pan's construction will be safe if it carries the Underwriters' Laboratory seal of approval. If you then follow the manufacturer's directions for using the saucepan, you need not worry about accidents.

Food specialist Geraldine Acker, University of Illinois College of Agriculture, advises against leaving a cooker unattended. This precaution is important for reasons of safety, plus the fact that food is cooked done in such a short time when under pressure. Prolonged phone calls and trips to the neighbors' don't go well with pressure cooking.

The handle on your pan will play an important part in safety too. See if you can get a good two-handed grasp without pinching your hands or touching metal. A saucepan is heavy at best, so be sure you can manage it with food in it.

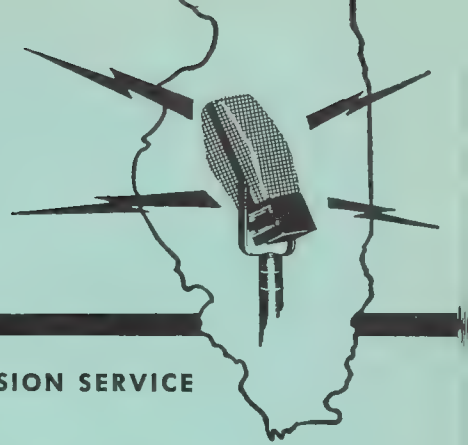
A last word of warning: Follow the manufacturer's instructions to the letter as to use and care. A pressure saucepan will not necessarily stay safe because the manufacturer made it safe. It is up to you to follow his instructions.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 13, 1952

### Your Money's Worth in Slip-Cover Fabrics

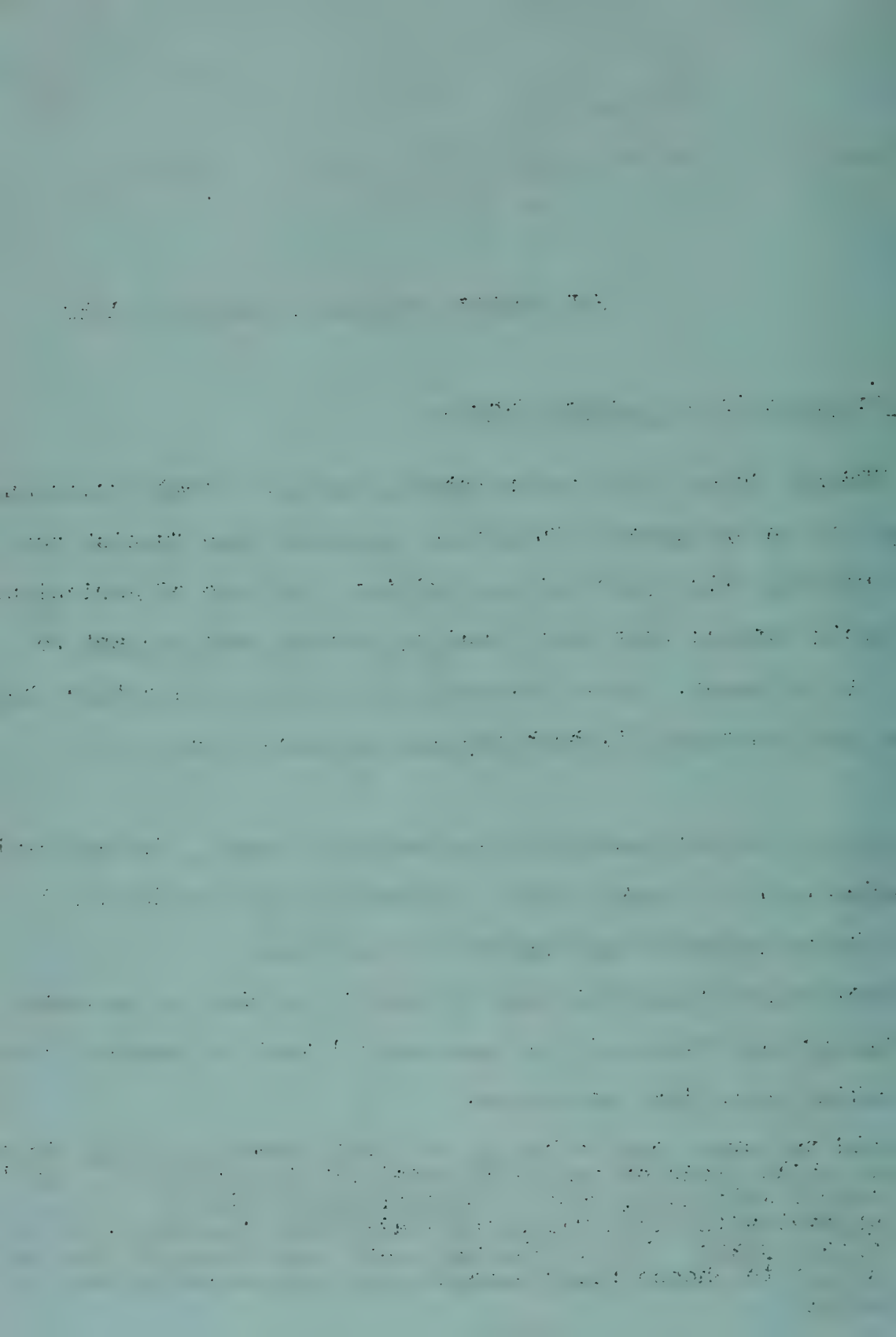
URBANA--Select slip-cover fabrics that are firmly woven and will "stay put" on upholstered furniture, suggests home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture.

Avoid fabrics that ravel easily, because they are apt to pull apart at the seams. Heavy materials are not so good either, because seams made in them will be bulky and the covers won't fit smoothly.

To get the most satisfaction from slip-covers, the materials should launder well or clean easily. If they are not preshrunk, it is best to shrink washable ones before cutting them.

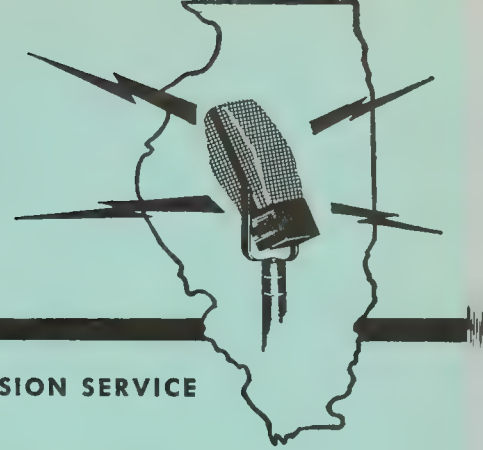
When you've found the type of fabric you want to use--and know its wearing qualities and its care--you'll want to consider these points in making your final selection:

Bold patterns seem to belong to large rooms and large pieces of furniture, while plain or small-patterned fabrics go best in small rooms. Patterned materials, whether geometrical or floral, give interesting contrast with plain walls and plain floor coverings, or with those that appear plain. But if the walls and rugs have distinct patterns, it is best to choose plain materials or indistinct patterns for the slip covers.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 15, 1952

### Serve Some Fish Today

URBANA--Fish are a good buy for economy's sake, as well as to give variety to the diet. When the weather upsets the catch, as it is apt to do at this time of year, we still have frozen and canned fish for our menus.

"Know what you are buying. . ." was a food specialist's preface to suggestions on how to choose fish. Mrs. Glenna H. Lamkin, University of Illinois College of Agriculture, said there's a style and size--fresh or frozen--to meet any demand.

Know the difference between "fresh" fish and "frozen" fish. The terms "fresh" and "frozen" are sometimes used interchangeably, but the treatment you give each type will differ.

One should find "fresh" fish packed in ice at the market. It is highly perishable and must be kept as cold as possible from the time it is caught to the time it is cooked.

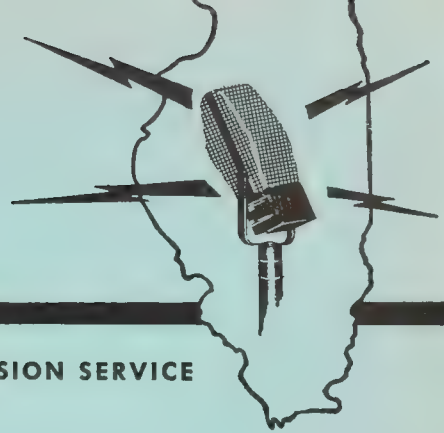
Watch your step when you buy frozen fish--there are two kinds of wrappings. The fish wrapped in cellophane is intended for immediate use, just like fresh fish. On the other hand, an unopened packaged fish can be kept as long as it remains solidly frozen. Once it thaws, however, it should be used immediately--never refrozen. Frozen fish may be cooked without thawing...just allow a longer cooking time than for fresh fish.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 20, 1952

### Pressure Saucepans Save Time, Fuel

URBANA--Pressure cooking is speedy cooking. Homemakers like it for foods that usually need to cook a long time, like stews, steamed puddings, dried vegetables and tough, fibrous or old vegetables.

Since temperatures are increased under pressure and a few minutes can equal about a quarter-hour of ordinary cooking, timing is very important, says food specialist Geraldine Acker, University of Illinois College of Agriculture. A minute or two of overcooking may cause the product to be mushy and discolored.

Start off by following the timetable for cooking that's given in your pressure saucepan handbook. You may need to lengthen or shorten the time for some foods.

Prepare vegetables for pressure cooking the same as you would for boiling. Be sure to follow the directions in your handbook for building up steam and pressure and for reducing the pressure before opening the cooker.

Combinations of foods may be cooked in the pressure pan. French-cut green beans, quartered carrots and sliced onions will all cook in about three minutes. Surprisingly, neither the beans nor the carrots will be flavored by the onion. If you wish, you can use a divider to separate the vegetables, or simply place them in separate piles in the pressure pan.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 24, 1952

### New Label for Acetate Fabrics

URBANA--Watch for a new label--"Acetate"--among the rayon fabrics. Only the labels will be new--we've had fabrics made of acetate for years.

We've had viscose rayon a long time, too. Although the two fibers have entirely different characteristics, both were called rayon, and that was confusing. So the fiber we've known as acetate rayon will now be called "acetate," and viscose rayon will retain the name "rayon."

Clothing specialist Edna Gray, University of Illinois College of Agriculture, has this to say about the change:

"Acetate fibers can stand on their own good name and reputation. Fabrics made from acetate tend to shed wrinkles, are not easily soiled, wash easily and dry quickly. When ironing acetate, always test the temperature of the iron on a seam edge, since acetate will melt under excess heat.

"From now on 'rayon' labels will be found only on fabrics made of viscose. Mrs. Consumer will know that such a fabric will be strong, absorbent and easy to care for. It can usually be put into the family wash and usually requires no special care in ironing. These characteristics make rayon more of a 'utility' fiber than acetate."

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 25, 1952

### How to Buy Quality Yardgoods

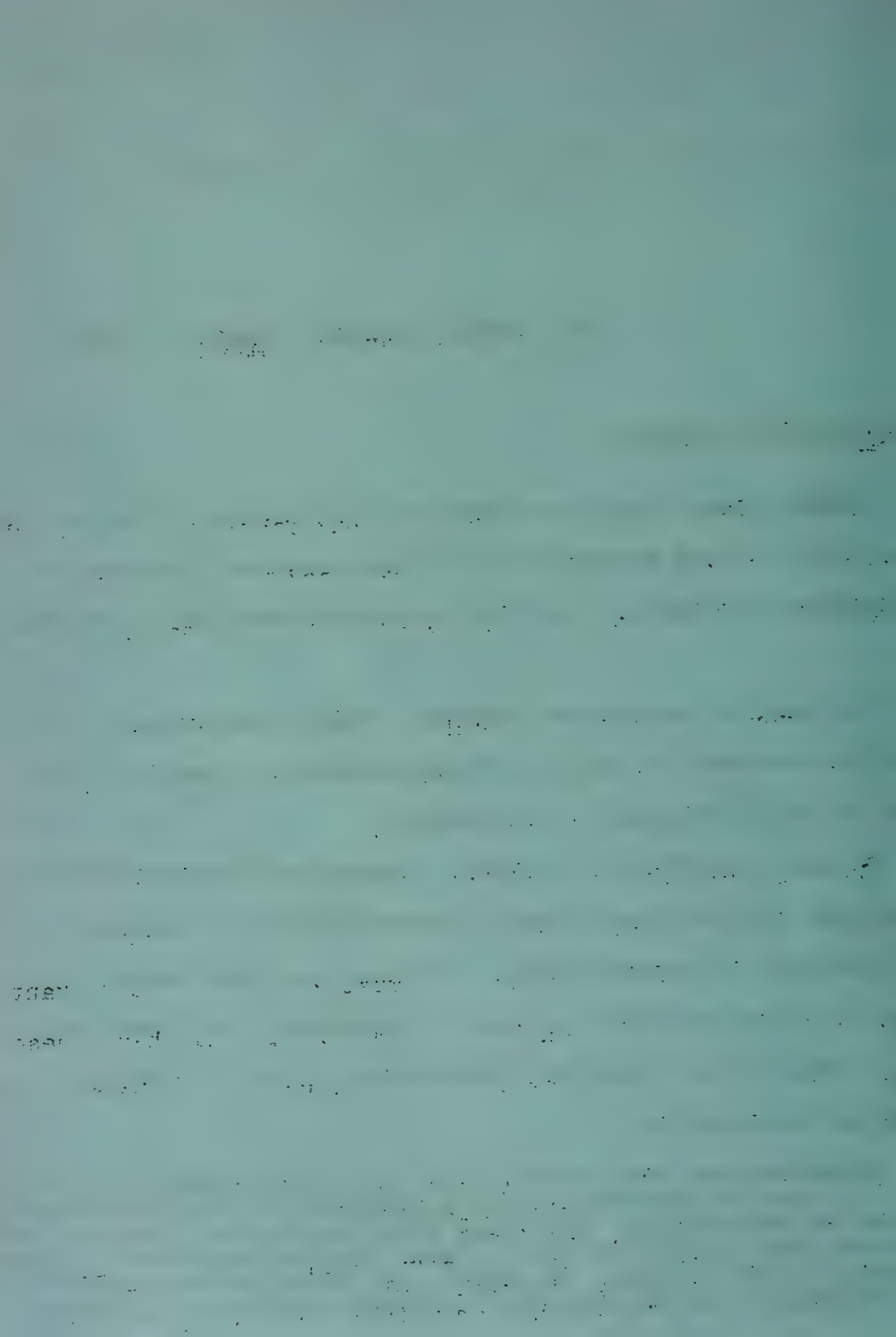
URBANA--Snoop for facts when you buy fabrics. Peek at the end of the bolt--it may be covered with care-and-wear information. Look for labels or folders. Ask the sales clerk how the cloth will behave.

Not even an expert can examine a fabric and be sure about all its hidden properties, says clothing specialist Edna Gray, University of Illinois College of Agriculture.

So many new fibers, finishes, weaves and combinations are being developed that we can't hope to remember all the technical qualities involved in expert buying. We must consider what we want the fabric to do for us and then look for materials that have these properties. When we've found the information, we need to be able to understand and evaluate it.

Manufacturers will usually tell us on the labels if they've taken special care to make fabrics more practical in the wearing and more durable in the washing. An ideal label might, for instance, tell about finishes that have been used to make fabrics resist soil, creasing, shrinking or stretching. It might tell about water-repellent finishes, permanent starch finishes or wrinkle-resistant finishes.

Make the characteristics you want in a fabric your yardstick for measuring price and value.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 25, 1952

### When Buying Meats--How Much Is Enough?

URBANA--The amount of meat to buy for each serving depends upon the cut of the meat and the appetite of family members.

Guides for amounts of the most common cuts of meats are suggested by foods specialist Glenna H. Lamkin, University of Illinois College of Agriculture.

If the meat has little or no bone, such as ground meats or boneless fish, one pound will give good-sized servings for four. If it has a small amount of bone, a pound will serve three persons. But when buying most steaks, chops, or a whole fish, plan to get only about two servings from each pound.

If you are buying meat for a stew or ground meat for meat balls with spaghetti, one pound should give six servings.

Remember that cooking temperatures for meats have a direct relation to the yield. If the temperature is too high, excessive shrinkage will reduce the number of servings.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 27, 1952

### Remake Cast-off Sweaters

URBANA--Look over the cast-off sweaters at your house.

Chances are that there's enough good material in them to make a new sweater for some member of your family.

First mend and then wash the garments you'll use, advises clothing specialist Edna Gray, University of Illinois College of Agriculture. Then cut out the pattern pieces just as you would any other garment.

Wear and washing have probably matted the knit material so that the yarns won't ravel easily. But if they do ravel, machine-stitch close to the raw edges as soon as they've been cut.

You'll want to finish the seam edges securely. Use plain seams. Cover the raw edges with blanket stitching or single crochet to keep the edges from curling or fraying.

To give the seams a strong, flat tailored finish, press them open and add a 1/16-inch line of stitching on each side.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 28, 1952

### Fresh Pork Buying Guides

URBANA--When you buy fresh pork, select firm, fine-grained lean that is well marbled with fat. That's the recommendation of Sleeter Bull, meats specialist, University of Illinois College of Agriculture.

You can also recognize good-quality fresh pork by the thin and flexible white skin, evenly distributed white fat and small pinkish bones.

Uniform quality is most likely to come from young fat animals. If you are an inexperienced pork buyer, choose chops and loin roasts on the basis of size. Smaller cuts are usually of better quality than heavier cuts.

While there are no government grades for pork, meat packers often grade their own smoked and cured cuts. Such grades are commonly known as Fancy or No. 1, No. 2 and No. 3.

-30-



THE UNIVERSITY OF CHICAGO

CHICAGO, ILL.

TO THE PRESIDENT OF THE UNIVERSITY OF CHICAGO  
FROM THE DEAN OF THE FACULTY

THE FACULTY OF THE UNIVERSITY OF CHICAGO  
HAS THE HONOR TO ACKNOWLEDGE THE RECEIPT OF YOUR LETTER OF THE 10TH INSTANT

IN REGARD TO THE MATTER OF THE DEATH OF  
MR. J. H. HARRIS, AND TO INFORM YOU THAT THE  
FACULTY HAS BEEN ADVISED BY THE DEAN OF THE FACULTY

THAT THE DEATH OF MR. HARRIS HAS BEEN  
CONFIRMED BY THE DEAN OF THE FACULTY

AND THAT THE FACULTY HAS BEEN ADVISED BY THE DEAN OF THE FACULTY  
THAT THE DEATH OF MR. HARRIS HAS BEEN CONFIRMED BY THE DEAN OF THE FACULTY

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 2, 1952

### Note to Parents--Your Child Needs Approval

URBANA--You, as a parent, must demand many things of your child. Some of those things, such as cleanliness, promptness and responsibility, may be boring and meaningless to him. Others may be downright distasteful.

On the other hand, your approval means a great deal to him. In general, he'll want to do the right thing in order to win your approval.

Child development specialist Ruth Cooper, University of Illinois College of Agriculture, says approval should be impersonal, it should be as specific as possible and it should be used with discrimination.

She says that approval is more informative when directed toward the child's actions rather than toward the child as a person. Also, if approval is concentrated on the action rather than on the child, he is less likely to center his attention on himself.

A child likes to be told that he has been a good boy. But he will learn more if you tell him what he has done that has pleased you.

Finally, Miss Cooper suggests that approval not be used too freely. Don't permit it to become cheapened and lose its value. A child needs approval most when he is in the first stages of learning a new task. As he acquires greater control, he becomes less dependent upon receiving approval.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 3, 1952

### Upholstery Fabrics--How to Buy

URBANA--Upholstery fabrics with tightly twisted yarns and close weave will wear longer than those with soft, fuzzy yarns having little or no twist. An uncut pile in a close weave will also take hard wear, says house furnishings specialist Evelynne Cedarlund, University of Illinois College of Agriculture.

Whether you select upholstered furniture or upholstery fabrics by the yard, you'll be wise if you avoid fabrics with long floats. Those loose yarns tend to snag and break.

Choose a color, texture and pattern to harmonize with your other furnishings. And select a pattern that's scaled to the piece of furniture it will cover.

You'll want to read the label carefully. It should tell you whether the material will resist fading from cleaning and sunlight. Then check to find out how much time and money will be involved to keep the fabric in good condition. Will it soil easily--and how should it be cleaned?





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR IMMEDIATE RELEASE

### High School Students Guests of Home Economics Department

URBANA--Junior and senior girls from more than fifty Illinois high schools attended Hospitality Day at the University Saturday, March 29.

Dr. Janice M. Smith, head of the home economics department, told the 200 guests that the first objective of University home economics courses is to train young women for homemaking. She mentioned that some of the other careers open to home economics graduates include teaching, dietetics, extension and careers in foods, clothing and textiles.

Girls who want to go to college should start earning money now, advised Dr. Smith. She pointed out that scholarships are available and suggested that those who were interested contact their county superintendent of schools for information. She also told about part-time job openings in the home economics department and other colleges on campus.

"There are many opportunities at the University," Miss Eunice M. Dowse, assistant dean of women, told the group. "However, a student often has to ask for what she wants to know." Miss Dowse

-more-



## Hospitality Day - 2

suggested the girls write to the Dean of Women, 100 Bevier Hall, to learn about housing possibilities and cost of living at the University. They should write to the Office of Admissions and Records, Administration Building, for information about entrance requirements.

Luncheon for the guests was planned, prepared and served by senior students in Bevier Hall cafeteria. The guests were entertained with college songs by Dave and Don Heneberry, University students from Dalton City.

"Key your clothes to Illinois" was the theme of the style show in which home economics students modeled garments from their own wardrobes. Some of the clothing was designed and made by the students in their classes.

This is the third Hospitality Day to be sponsored by the home economics department at the University. Attendance has been increasing steadily, and home economics coeds are taking stock for planning next year's event.

AJR:bb

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## Chicken--Dressed or Live--Which Is the Better Buy?

URBANA--If you buy a four-pound chicken for \$1.60, or 40 cents a pound, by the time it's ready for the oven it will weight only 2.6 pounds, and the cost per pound of ready-to-eat meat will go up to 61 cents. That's if you buy a live bird and dress it yourself, remember.

You can expect to pay an even higher price for ready-to-cook birds. You'll have to decide whether it is worth the additional cost per pound to have someone else do the dressing for you, and perhaps package the chicken.

This report comes from the Poultry Branch of the U. S. Department of Agriculture's Production and Marketing Administration.

AJR:bb  
3-31-52

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The first part of the book is devoted to a general survey of the history of the subject, and to a discussion of the various theories which have been advanced to explain the origin of the human mind. The second part is devoted to a detailed examination of the various theories which have been advanced to explain the origin of the human mind.

The third part of the book is devoted to a detailed examination of the various theories which have been advanced to explain the origin of the human mind. The fourth part is devoted to a detailed examination of the various theories which have been advanced to explain the origin of the human mind.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 5, 1952

### How to Care for Your Steam Iron

URBANA--If you use drinking water in your steam iron, a mineral deposit will build up inside the iron, as it does in a tea-kettle.

You can do a clean-out job yourself on some steam irons. Others need to be returned to the factory for cleaning. Be guided by the manufacturer's directions.

On the whole, the water supply in Illinois is quite hard, and mineral deposits build up quickly. That's why some homemakers prefer to fill their irons with softened or distilled water, says home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture. Rain water and defrosting water from a refrigerator are also mineral free and are commonly used.

Homemakers who would rather clean their irons occasionally than bother with special water find they can loosen and flush away the mineral deposit. One way to break up a deposit is to bring a solution of vinegar and water to a boil inside the iron. Or you can use a solution of a nonprecipitating water softener.

In either case be sure to rinse the inside of the iron thoroughly with clear water when you are finished.



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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 7, 1952

### Spring Fashion Forecasts

URBANA--Accent on the midriff is the important new feature in spring fashions. You'll find waistlines at three locations--just under the bust, natural or at the hip.

There are no major changes in shoulder line and skirt length, says clothing specialist Myra Baker, University of Illinois College of Agriculture.

Skirts hang full, in gored circles, with box pleats or with yards and yards of pleats within pleats. The slim, straight skirt is still good.

Necklines are higher, accenting throatlines. Dresses and suits are cut well above the collarbone. Necklines feature a U or V filled in with a polka dot scarf, a white linen waistcoat or vest, or a sheer linen blouse.

Sleeves are slim--short with tiny puffs or long and tightly fitted, stopping just short of the wristbone.

Coats fit at the waistline, or hang straight and exceptionally narrow, crushing full skirts beneath them. Short coats fit at the hipline, grasping the hips as tightly as a sailor's blouse.

Suits have the skimpiest jackets of the year. They're boned and fit close to the body. A new jacket is the Spencer--which comes only to or just above the waistline. Suit skirts show just a flicker of fullness.

Be prepared for a very pink spring--all the way from peony through coral to flamingo. Every tone of green, pastels, honey beiges and all variations of white are in full swing.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 8, 1952

### How to Get an Even Hem Line

URBANA--When you're marking a hem for Suzy, the skirt will be more even if you--not Suzy--do the turning. When Suzy turns, the skirt adjustment changes. That's the suggestion of Helen Zwolanek, University of Illinois College of Agriculture clothing specialist.

Here are other tips to help you get a straight hem line: Press your garment completely before measuring. And wear the same type of foundation garments and shoes you expect to wear with the finished garment.

Stand normally while your skirt is being marked, and get the job done as quickly as possible, for when you tire you're likely to slump.

Be your own judge about the kind of skirt marker you'll use. There are two common types of markers on the market. You use pins with one and powdered tailor's chalk with the other.

Crisp fabrics may show pin marks, so you'll need to consider your material before marking a hem. Use chalk if there's any doubt of disfiguring the material with pin marks. And avoid thick chalk lines--they can make a variation in measurements. Also, chalk sometimes doesn't brush off fabric too easily.

If you use a yardstick to measure, be sure the stick rests level on the floor. And be careful not to pull down on the skirt as you pin.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 10, 1952

### Metallic Prints Often Fragile--Know What You Buy

URBANA--Metallic-printed fabrics are enjoying a faddish popularity for spring and summer dresses.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, cautions that not all of these fabrics will give good service. It is impossible to tell by appearances whether the design will rub off or wash out in the laundry or dry-cleaning.

If the material is in a ready-made dress, ask to see the label; check it for the company's guarantee that the design is permanent. You can also test whether the metallic decoration will rub off by polishing a small hidden area with a clean white handkerchief.

If you are buying the fabric by the yard, the wisest plan is to test a sample for washability and for dry-cleaning. In testing for washability, follow the same rules as for any fine fabric. Use mild soap, lukewarm water and slight agitation. In testing for dry-cleaning, place the sample in a small container and add a small amount of non-flammable dry-cleaning fluid. Agitate slightly with stick or spoon.

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## Metallic Prints - 2

Miss King explains that lack of care in applying the design is responsible for some of the poor wearing qualities. Metallic printing is used on light-weight, plain-weave goods of cotton, silk and rayon. After being dyed, the goods are run through a machine which prints the pattern or design with an adhesive or resin.

The wet adhesive or resin is then dusted with finely ground pigment--usually gold or silver color--and the cloth is run through a drying machine. The temperature and length of time spent in the machine are important to the satisfaction one gets from the fabrics.

AJR:bb

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## Use Hard Pillow for Small Baby

URBANA--If you think your baby has to have a pillow, use a folded pad or blanket inside a small pillowcase. Soft feather or down-filled pillows can be safety hazards for an infant; he may smother in them if he can't turn himself around. These suggestions come from Mrs. Marion McLaughlin, child development specialist, University of Illinois College of Agriculture.

-30-

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4-7-52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 14, 1952

### Are You Buying Horse Meat?

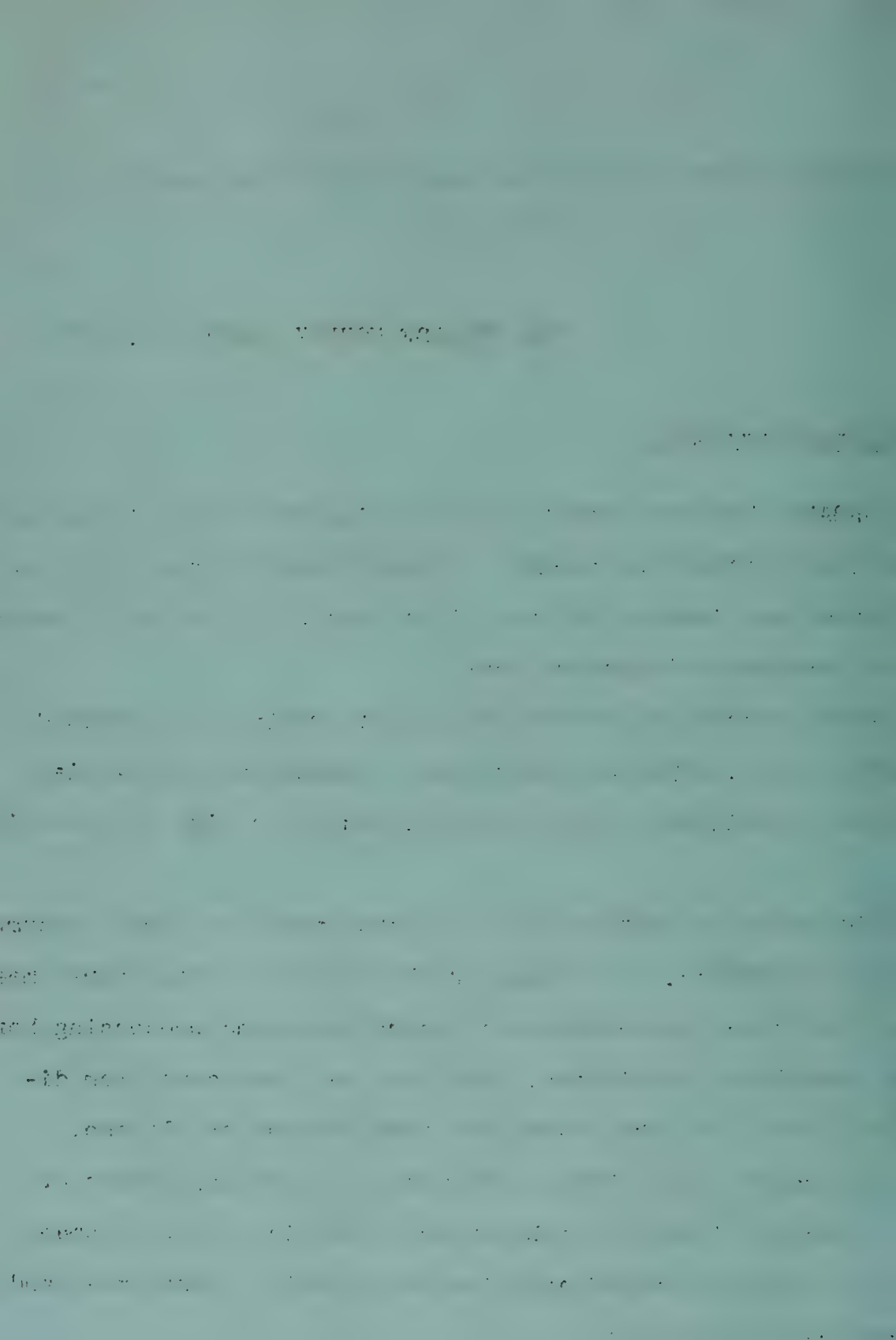
URBANA--The best way to avoid buying horse meat is to buy your meats from a reputable market. A meat dealer is not likely to purchase horse meat innocently--not if he buys his meat from a packer who handles government-inspected meat.

Meats specialist Sleeter Bull, University of Illinois College of Agriculture, says that horse meat slaughtered and handled under sanitary conditions is not harmful, and it is high in nutritive value.

The catch is that the sale of horse meat for human consumption, unless so labeled, is illegal in this country. Some horse meat bootleggers and black marketeers are slaughtering and processing horse meat under unsanitary conditions. The meat may even come from diseased animals or those that have died from disease or old age.

You can't detect horse meat yourself with any degree of certainty. The small amount of horse meat that is used for human consumption is usually ground and mixed with beef or other meat and sold as hamburger or sausage.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 15, 1952

### Tips For Using Glassware For Cooking

URBANA--There's a difference between top-of-the-range glassware and oven glassware. Not all glass cooking utensils are flame proof. Be sure to follow the directions that come with the glass utensils you buy.

Use glassware on top of the range only if it was made for that use, warns foods specialist Frances Cook, University of Illinois College of Agriculture.

She gives these tips on cooking with glassware: Glass oven pans absorb heat quickly and hold it well. You're likely get a crusty, heavily browned product. If you don't want a heavy crust, lower the oven temperature 25°.

It's easy to keep glassware clean if the surface is not scratched. Use a fine cleansing powder; rough cleansers will scratch the surface.

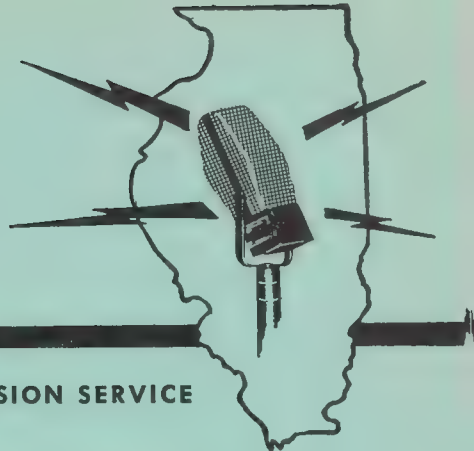
Protect glass utensils from sharp temperature changes and from boiling dry. And don't pour liquids into dry, hot pans. Always put the food or liquid into a pan before heating the pan.

Check to be sure that the outsides of utensils are dry before you put them over direct heat. Use dry holders to handle a hot glass pan, and avoid setting the pan on a cold or damp surface.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 16, 1952

### Upholstered Furniture--Shampoo Method

URBANA--Upholstered furniture should be cleaned thoroughly and at regular intervals if it is to give good service over a period of years.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says the work can be done at home successfully. However, it does require time, energy and patience.

Clean the fabric with one of the foam-type products on the market. Follow directions that come with the product. A soap jelly shampoo is good treatment for the wood surface.

To make the soap jelly, pour one cup of hot water over two cups of mild soap flakes. Whip or beat the mixture to a jelly. Apply it to the wood surface with a soft cloth, working over a small area at a time. Rinse with a cloth wrung out of clear water, and wipe dry.

Before you use the foam-type cleaner, test it on the fabric in an inconspicuous place to see that there is no change in color. Then apply the cleaner with a damp wool or a natural sponge or a soft cloth, cleaning a small area at a time.

Use as little moisture as possible in order not to dampen the stuffing of the furniture. Remove the lather promptly.

If there are grease spots on the covering, it is wise to remove them before you start the shampooing job. Sponge the spots with carbon tetrachloride or another nonflammable cleaner. Apply the cleaner with a soft cloth, and work from the outer edge of the spot toward the center. Use a clean cloth to absorb the soiled fluid.

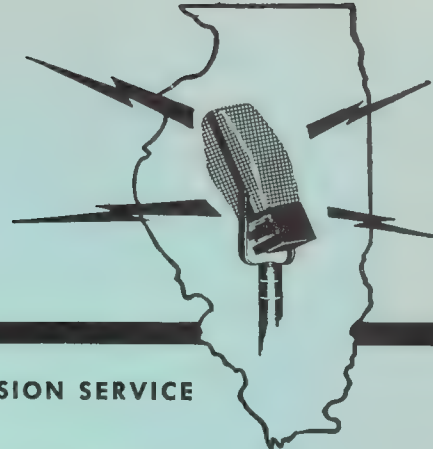
More than one application may be necessary to remove all of the grease. Allow the cleaning fluid to evaporate before making the next application.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 17, 1952

### Older Folks Need Good Meals

URBANA--Many older folks would be healthier and happier if they were wise eaters.

According to Marian Tolbert, nutrition specialist, University of Illinois College of Agriculture, many ailments of older folks are definitely known to have a dietary origin. In other words, our body rebels when our meals fail to provide the right amounts of protein, minerals, vitamins, and calories for body needs.

A new booklet, "Food Guide for Older Folks" tells about the food needs of older people, and gives valuable suggestions for ways to meet these needs. Consideration is given to special problems like faulty teeth, poor appetite, and over or underweight.

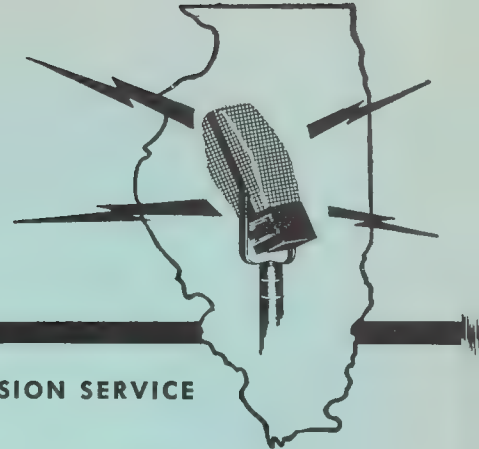
"Food Guide for Older Folks" is published by the United States Department of Agriculture. You can get your copy by writing to the University of Illinois College of Agriculture, Urbana.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 18, 1952

### Buttonholes--Measure and Mark

URBANA--Buttonholes on a garment should be straight and evenly spaced. Measure and mark their position exactly before you cut or make them.

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, suggests that you space the buttons to make a balanced design. They will appear more attractive if an odd number is used.

When the garment is buttoned, the edge of the button should be one-fourth to three-eighths inch from the edge of the lap. If the garment is to be buttoned all the way to the neck, place the top buttonhole the same distance from the neck seam line as from the edge. Remember that the button will slide to the end of the buttonhole.

The length of the buttonhole is regulated by the size and thickness of the button. In general, the buttonhole should equal at least the width of the button. However, if the button is a thick one extra length should be allowed to take care of the thickness.

Determine the size the buttonhole should be before you cut it. If you are uncertain, experiment using a folded piece of the same material as the garment.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 21, 1952

### How to Have Better Fitting Coats and Suits

URBANA--If you wish to save money by altering your own ready-mades, here's help for you. A new bulletin, "Fitting Coats and Suits," has been published by the U. S. Bureau of Human Nutrition and Home Economics.

Planned for persons with considerable experience in sewing, the bulletin gives practical help on fitting tailored garments so that they have a trim, custom-made look.

Most of us have some type of figure irregularity, and our garments often need refitting even though we buy the sizes that fit us best. Most of the fitting problems discussed in the bulletin are ones that result from figure irregularities.

The bulletin tells, with pictures, how to refit a jacket that has crosswise wrinkles at the waistline because it's too long in the waist. It tells how to alter shoulders that are too wide and what to do with skirts that twist to one side when one hip is larger or higher than the other.

If you plan to tackle this more advanced type of home sewing, this bulletin can be a big help. Write to the University of Illinois College of Agriculture, Urbana, Illinois, for your free copy of the U.S.D.A. bulletin on "Fitting Coats and Suits."





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 22, 1952

### Homemakers: Plan Carefully to Make Your Freezer Pay

URBANA--Depreciation is one of the biggest costs of operating a freezer, says W. J. Wills, agricultural marketing specialist, University of Illinois College of Agriculture.

The life expectancy of a home freezer has not been definitely determined, but ten years is a common estimate. The cost of repairs needed each year has been estimated at two percent of the original cost of the freezer.

These wear-and-tear costs remain the same, regardless of the amount of food or the turnover of foods in the freezer. The same is true when renting a locker--your rental will be the same whether you store 200 pounds or 800 pounds each year.

Various studies to determine a year's costs for home freezing include depreciation costs and costs for packaging and freezing, but not the cost of the foods frozen. The studies show that the higher the rate of turnover, the lower the cost per pound of frozen food.

In other words, a freezer that is filled only once a year will not give so much satisfaction as a freezer that's kept nearly full the year round. To make your freezer pay for itself, plan how much of the various meats, fruits and vegetables you'll need during the year and then budget the freezer space accordingly.

Budgeting your freezer space lets you have a greater variety of frozen food. And there's less chance that you'll freeze extra amounts of food that may have to be held for so long that the quality will be reduced.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 23, 1952

### National Home Demonstration Week--April 27 - May 3

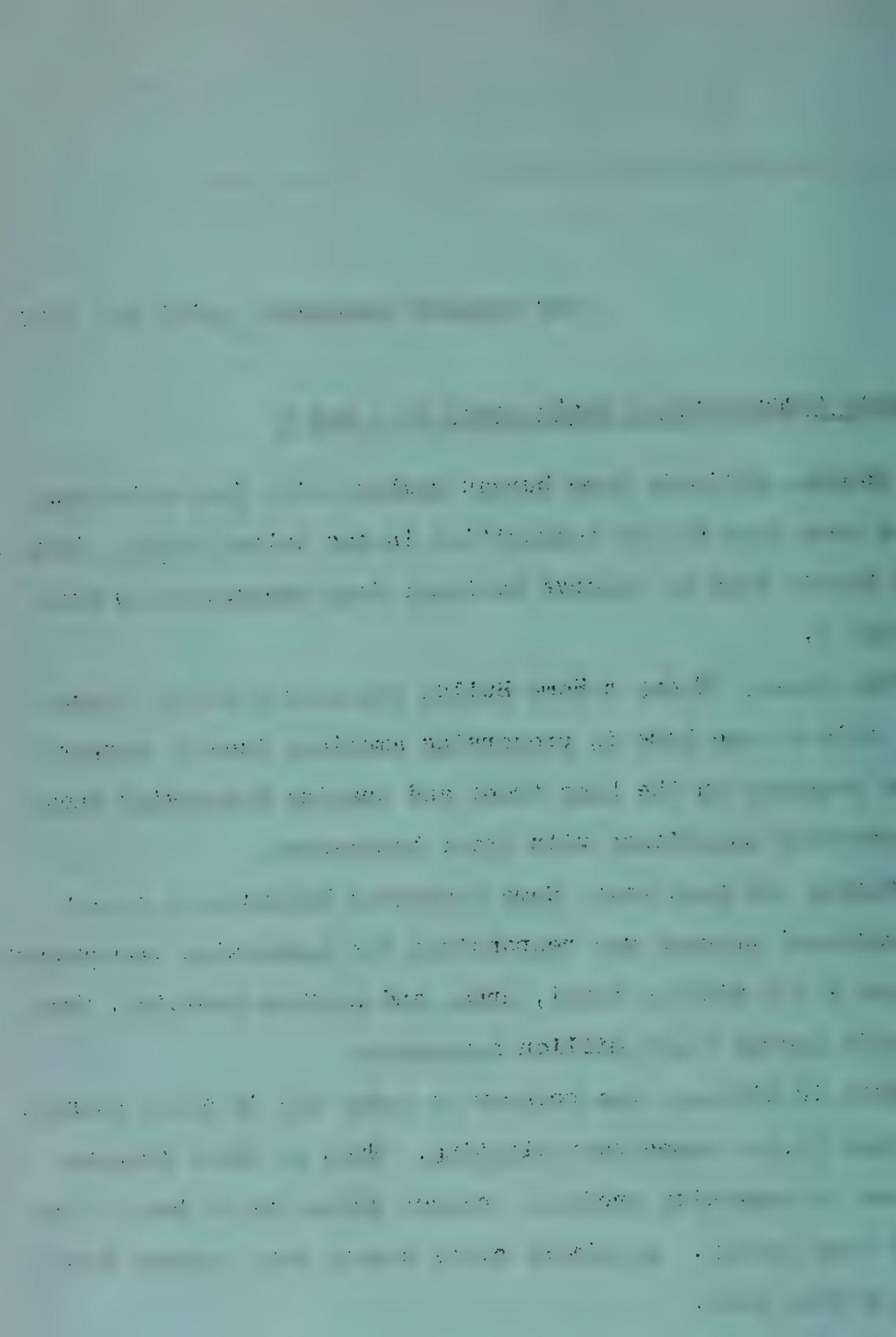
URBANA--Illinois home bureau members will join with homemakers from more than 60,000 communities in the United States, Hawaii, Alaska and Puerto Rico to observe National Home Demonstration Week April 27--May 3.

The theme, "Today's Home Builds Tomorrow's World," highlights the role of the home in preserving American ideals, supporting defense programs on the home front and sharing homemaking know-how and leadership experience with other homemakers.

During the past year, Home Economics Extension's out-of-school educational program was responsible for homemaking improvements made by about 3 1/3 million rural, urban and nonfarm families. Membership totals nearly 1 1/2 million homemakers.

Here in Illinois the program is under way in every county, with more than 55,000 women participating. Much of their program work is keyed to community projects--cancer drive, blood bank, loan library and home safety. In almost every county they sponsor home economics 4-H Club work.

-more-





National Home Demonstration Week - 2

Through their membership with the Associated Country Women of the World, home bureau women share mutual interests in home and country, exchange knowledge and experience and help to build a strong international bridge of friendliness and understanding.

As members of the National Home Demonstration Council, homemakers promote a strong family life program stressing family responsibility for character building. Citizenship training, international understanding, health and safety are also on the 1952 agenda.

Because the home is especially important in times of stress and strain as a bulwark against personal fears and anxieties, National Home Demonstration Week in 1952 highlights responsibilities of the home in developing healthy, happy citizens who will be able to meet the future with courage and confidence.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 24, 1952

### Two Main Types of Baking Powders

URBANA--You get more "mileage" from baking powders when you use them correctly, says food specialist Geraldine Acker, University of Illinois College of Agriculture.

The double-acting powders--also known as slow-acting--release some of their gas in the mixing bowl and hold the rest for the heat of the oven. Use this kind for batters that will stand for a while before being baked, like pancakes and waffles, and for batters and doughs that you plan to freeze.

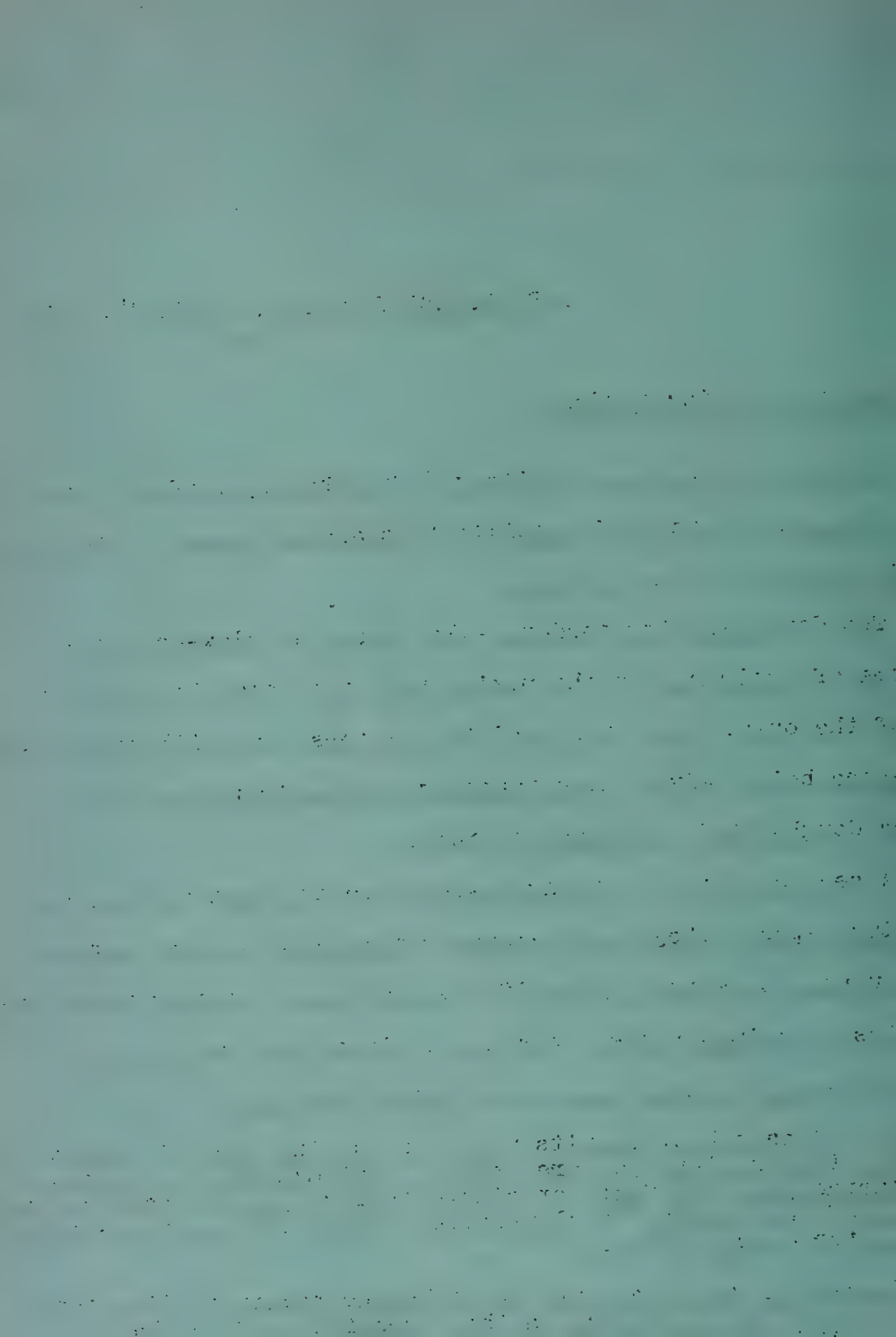
A second group of baking powders are the fast-acting, or single-acting types. They react almost completely at room temperature, so you need to work quickly if you use them. Persons with sensitive tastes sometimes prefer this kind, since they can detect a flavor in the baked product when other types are used.

You'll have best results when you use the correct amount of baking powder for the type you are using. Most manufacturers recommend two teaspoons of the fast- or single-acting type for each cup of flour. Less of the double- or slow-acting powder is required--usually one teaspoon for a cup of flour.

Check the label on your can of baking powder to find out which kind it is. Or else check on the ingredients of the baking powder. If sodium aluminum sulphate is an ingredient, it is a double-acting baking powder.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 26, 1952

### Bedspreads--Tips on Buying

URBANA--Chenille and candlewick bedspreads are the fashion these days. More than half of the bedspreads manufactured in the United States are of these types, and top-quality ones usually carry a handsome price tag.

Bedspreads in general are poorly labeled, according to Dorothy Durrell, textiles specialist, University of Illinois College of Agriculture. Since most stores stock more than one grade or quality, careful examination at the counter should be the rule.

If the spread is of muslin, it should be torn to size. Check the grain of the material as carefully as you would check grain of fabric for a garment.

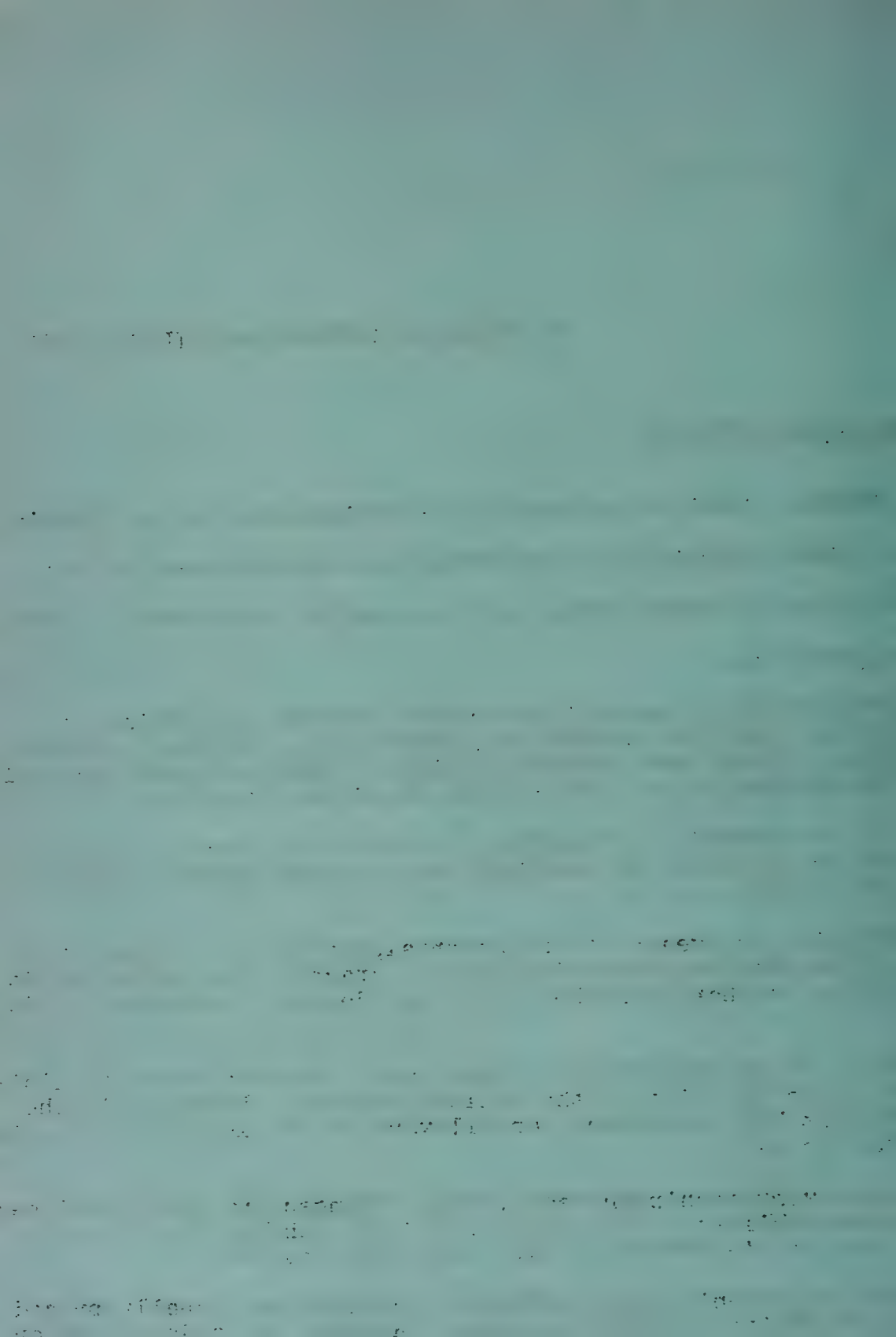
Examine the weave of the material, and select a spread that is closely woven and has the tufts closely spaced. The tufts should be of long fiber rather than short, and the design or pattern should be even.

Size of the bedspread is important. The measurements listed on the label give the size of the finished spread. However, if the material has not been preshrunk, an allowance of at least five or six inches should be made.

Good workmanship on seams, hems, fringes and other finishes adds to the wearability of the spread. If your choice is a fitted spread, be sure it is correct in size and shape for the bed.

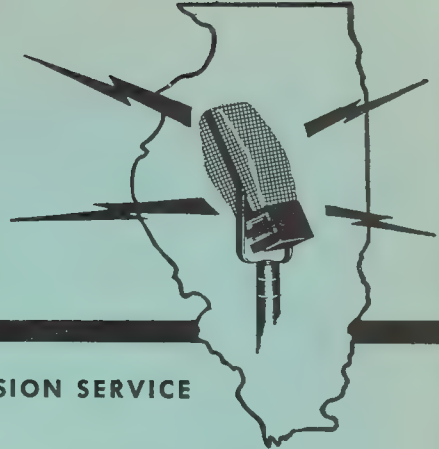
Colored chenille and candlewick spreads are usually priced higher than the white or off-white ones. However, they do add color and brightness to the room and may be worth the extra money. Check the label for information regarding colorfastness to laundering.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 28, 1952

### Wear the Right Shoes for Housework

URBANA--"Oh, my aching feet!" is a cry heard too often among homemakers. High-heeled shoes and other types not suited to the strain of housework set the stage for many foot troubles.

When women feel they can't waste the high-heeled shoes they've discarded for dress wear, they wear them for working at home. Shoes with run-down heels and improperly fitted shoes cause many foot and posture problems.

There are occupational reasons for foot troubles, says health specialist Pauline Brimhall, University of Illinois College of Agriculture. The average homemaker walks about seven miles a day in taking care of her normal household duties. For many, these are seven miles of pain and discomfort.

Well-made, supporting shoes are as necessary for a homemaker as they are for a nurse who is on her feet all day. When shoes pinch or squeeze, or rub up and down when we walk, they cause us to tire easily. We are much more apt to have an accident when we are tired.

High-heeled shoes are the sinners in a large majority of home accidents. When a heel catches in the hem of a dress, it can cause an upset that may have serious consequences. High heels and stairways don't mix either; that combination has given too many people broken legs and other major injuries.

— *Journal of the American Medical Association*, 1997

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 30, 1952

### Sweater Shopping Guide Available

URBANA--No matter how careful you are, some sweaters will shrink when they are washed or dry cleaned. This is because they've been stretched during manufacture.

When some stretched sweaters return to their original shape, they are a size or two smaller than you intended to buy. Avoid this discouraging waste. Test the stretch of the knit before you buy the sweater. Good-quality knit is elastic and springy. But if the stretch is slight and the fabric looks thin and loosely knit, it has probably been stretched to size. You'd do well not to buy it.

High-grade sweaters are knit oversize and then shrunk to the desired measurements in the factory. You can wash these and block them to their original size with little effort.

Some sweaters carry labels to let you know that a shrink-resistant finish has been used. It is to your advantage if these labels tell you the percentage of shrinkage to expect, as do the labels on most pre-shrunk cotton goods.

A shopping guide, "Buying Sweaters for the Family," has been prepared by the U. S. Department of Agriculture. The publication is intended to help you choose sweaters that will serve your purpose best and give maximum wear for the money spent. Write the University of Illinois College of Agriculture, Urbana, for your copy.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 1, 1952

### Overweight? Check Your Calories

URBANA--If you are overweight and want to do something about it, check your food habits. Overweight people are often big eaters--or else they can't resist sweets and rich foods that are so high in fat producing calories.

Nutritionist Harriet Barto, University of Illinois College of Agriculture, warns against rigid reducing unless it's doctor's orders. However, she suggests that you keep track of how much food you're eating if you fall into these categories.

Write down everything you eat--all those extra nibbles and in-between meal snacks, the cream and sugar you add to your coffee, those rich gravies and sauces. Add up the calories. Then you'll have a pretty good picture of why you're putting on extra pounds.

Miss Barto has prepared a calorie chart to help you figure the caloric values of the foods you eat. Write to the University of Illinois College of Agriculture, Urbana, and ask for the calorie chart.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 2, 1952

### Remedies for Changing Work Surface Heights

URBANA--If your kitchen sink and work surfaces aren't the right height, you need not go to the extra expense of remodeling to get comfortable work heights.

Home management specialist Catherine Sullivan, University of Illinois College of Agriculture, says the correct work heights can make a lot of difference in how you'll feel at the end of a day.

Experiment with work heights until you find one that suits you best. If your work surface is too low, make a test with a pile of books and a mixing bowl raised to various levels.

Once you've found the proper work height you can plan changes. For example, if your work table is too low, raise it by adding wooden blocks to the legs. Or lower a too-high table by shortening the legs. The height of movable cabinets can be changed the same way.

If you lean over your kitchen sink to wash dishes, raise the height by placing a rack under the dish pan.

Often the job you're doing determines the work height you need. You'll find a higher work surface more comfortable for rolling out dough than for mixing a cake. That's because you roll dough directly on the work surface, while you mix a cake above the work surface.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 3, 1952

### Tightly Covered Saucepan vs. Pressure Saucepan

URBANA--Research on the effect of cooking vegetables in tightly covered saucepans and in pressure saucepans has been carried on in the home economics department at the University of Illinois. Ten different vegetables were studied, nine of them in two consecutive years.

Dr. Frances O. Van Duyne, in charge of the investigation, says that homemakers can prepare vegetables satisfactorily, from the standpoint of vitamin C retention and palatability, by cooking them in a small amount of water either in a tightly covered saucepan or in a pressure saucepan. With either method the vegetables should be cooked until just tender.

Ten vegetables cooked in small amounts of water in a tightly covered saucepan retained from 49 to 92 percent of the ascorbic acid (vitamin C) originally present, while the same vegetables cooked in a pressure saucepan retained 30 to 94 percent. One method did not give consistently better results than the other. The amounts of ascorbic acid that were retained seemed to depend on the nature and quality of the vegetables and on some of the details of the cooking procedures.

Palatability ratings were satisfactory for all vegetables cooked just to "doneness" by either method. However, overcooking was another matter. Seven out of nine vegetables overcooked under pressure for only one-half to one-and-one-half minutes were rated much lower in appearance, color, flavor and texture, although the retention of ascorbic acid was not significantly decreased.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 5, 1952

### Potato Shortage? Here Are Alternates

URBANA--Potato bin getting low? Alternate food choices are suggested by nutrition specialist Harriet Barto, University of Illinois College of Agriculture.

Potatoes have been running a close race with rice as the world's chief food crop. While we wait for our new potatoes to come in, let rice carry part of the load. And navy beans, rolled oats and whole wheat bread are in the same category with potatoes and rice when it comes to relative costs of nutrients in servings of food.

The Basic Seven food groups list potatoes with fruits like apples, bananas, canned and dried fruits and such vegetables as beets, rutabagas, cabbage, eggplant, parsnips and turnips.

Miss Barto reminds us that foods in this grouping are not particularly outstanding sources of any one nutrient. Instead, they have a generally well-balanced mineral and vitamin content. So if we substitute any one of the others for potatoes, we'll have adequate nutrients.

If you've counted on potatoes for a considerable share of the meal's calories, don't overlook noodles, macaroni and dumplings as alternates. Corn pudding and corn-bread toppings on casserole dishes also fit nicely into the meal where we expect a starchy vegetable.

REPORT OF THE COMMISSIONER OF THE GENERAL LAND OFFICE

FOR THE YEAR 1881

IN RESPONSE TO A RESOLUTION OF THE HOUSE OF COMMONS, PASSED IN 1879, RELATIVE TO THE LANDS BELONGING TO THE CROWN, AND TO THE LANDS BELONGING TO THE SEVERAL STATES AND TERRITORIES OF THE UNITED STATES.

ALBANY: PUBLISHED BY THE STATE OF NEW YORK, 1882.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 6, 1952

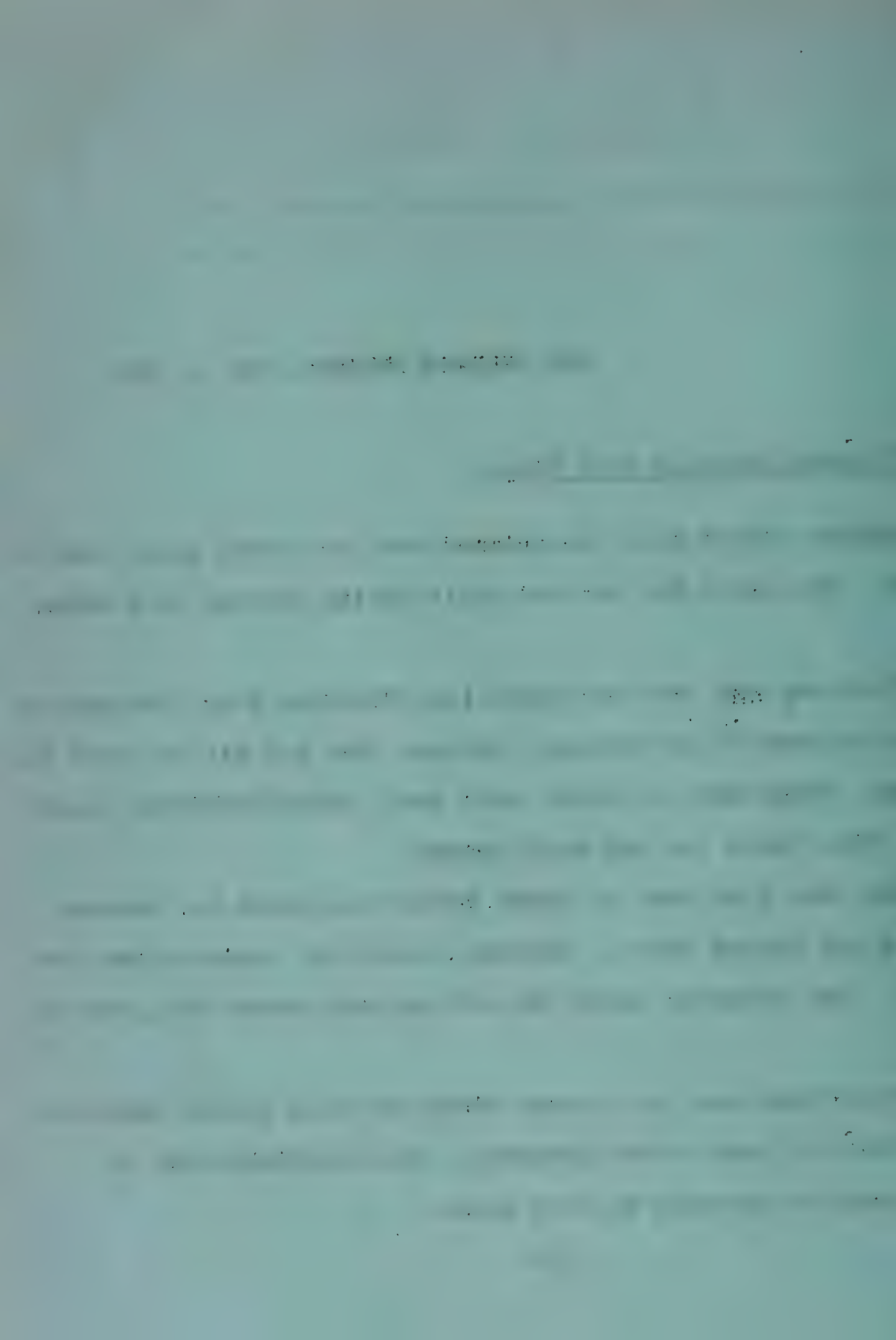
### Store Fur-Trimmed Coats in Cool Place

URBANA--Store your fur-trimmed coat in a cool place that's not too dry. Fur pelts dry out and split during storage in a warm, dry place.

Clothing and textiles specialist Florence King, University of Illinois College of Agriculture, advises that you air fur well before storing. Then beat it gently with small supple switches, such as willow. That beats out any moth larvae.

See that your coat is clean before you store it, because moths attack any soiled spots. However, avoid dry cleaning the fur excessively. Dry cleaning takes the oil out and causes the pelts to split.

Store your coat in a cedar closet or in a closet reserved especially for fall and winter garments. Use paradichloride of benzene crystals to protect it from moths.





Meet Your Family's Milk Needs

URBANA--You can meet some of your family's milk needs by adding more cheese to your meals. If some members don't like milk, maybe they'll like cheese.

Foods specialist Anne Fluhr, University of Illinois College of Agriculture, reminds that cheese has food value similar to that in milk. It contains protein, fat, calcium, riboflavin and vitamin A.

However, the nutrients are more concentrated in cheese than in milk. For example, a 1-inch cube or 1 ounce of American Cheddar cheese has about the same nutritional value as one cup of whole milk. Even a small amount of cheese added to your meals will help to meet protein and calcium needs.

Some people like their cheese mild, some like it nippy. Some want it used in a recipe, and others like it "as is." American Cheddar cheese is popular with most people.

Try melting American cheese in white sauce, and use it as a sauce to give zip to vegetables. Or make a cheese souffle' or fondue for a main supper dish.

Add grated cheese to the sifted dry ingredients of your biscuit or muffin recipe. Try sprinkling grated cheese over soups, or add small bits of cheese to a tossed vegetable salad or to potato salad. Salad dressing with grated cheese adds a tasty touch.

Then, too, cheese makes a nice family snack. Use ripened cheese, American or Swiss or other varieties, on crackers. Or dress up cottage or cream cheese with crushed pineapple or peaches and use as a spread.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 7, 1952

### Thrifty Turkey--A Year-Round Favorite

URBANA--Turkey dishes rate high on hotel and restaurant menus. But you don't need to eat out to satisfy your appetite for turkey.

The USDA reports that prices for turkeys have been averaging below those of a year ago. The supply is good--about four million pounds more turkey in cold storage than a year ago.

To promote its year-round popularity, today's turkey industry can supply markets with turkeys large or small, halved or quartered, disjointed and cut up, or by the piece.

Turkey is no longer restricted to roasting. Like chicken, it is being fried, broiled, barbecued and fricasseed.

The pieces you buy may be fresh or frozen in packages. They are often cut from older birds and so require long slow cooking with moist heat to make the meat tender and flavorful.

Young three- to eight-pound turkey fryers and broilers are also found in some markets. Fry them like chicken, but allow an hour for cooking after browning.

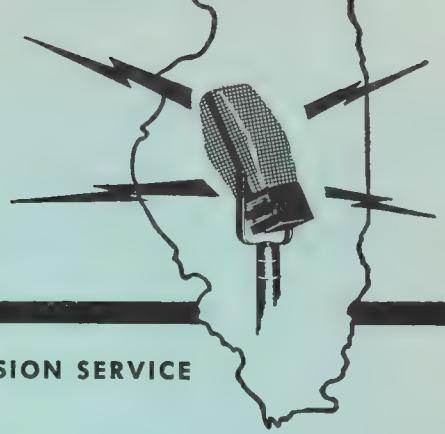
A study made under the direction of meats specialist Sleeter Bull, University of Illinois College of Agriculture, shows that one gets a high percentage of edible meat from a turkey. Nearly three-fourths, or 74.2 percent, of a clean dressed turkey is edible compared with about the same amount from roaster hens and 65.5 percent from a broiler chicken.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 8, 1952

### Canning Season Ahead--Check Pressure Canner

URBANA--While you have fresh asparagus growing in your garden, get some of it into your freezer or can it. You'll enjoy it next winter when fresh asparagus is not on the market.

Asparagus is a low-acid vegetable, and the only way to can it safely is to use your pressure canner. That's to kill the deadly botulism bacteria that can form in low-acid vegetables.

Before you start using your pressure canner, be sure that it's in good working condition. Check the gauge, petcock and safety valve. That word of advice comes from Frances Cook, foods specialist, University of Illinois College of Agriculture.

Your county home adviser or the dealer who sells your make of canner can give you information on checking the dial-faced gauge for accuracy. If the gauge is as much as five pounds off, replace it.

Check your pressure canner, too, for steam leaks. If there are leaks, the rubber gasket may need replacing. Or if your canner has a metal-to-metal closure, ask your home adviser how to regrind the metal surfaces.

Then remove the petcock, gauge and safety valve, and run a narrow strip of cloth or a pipe cleaner through the openings. Even though you stored your canner clean, there may be dust and other accumulations from storage. Soak the petcock and safety valve in vinegar to loosen any accumulation.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 9, 1952

### Chicken, a Pennywise Meat

URBANA--You can't go wrong with chicken, whether it's for the home folks or for special guests. There's a size and style to meet any need.

The supply of broilers on the market is nearly one-fourth larger now than it was at this time a year ago. That makes broiler prices lower than they were a year ago, according to a report from the United States Department of Agriculture.

Most broilers are sold ready to cook, split along the backbone and through the breastbone. A good weight is one to two pounds, ready to cook.

Frying chickens are usually larger than broilers, ranging from one and one-half to three pounds, ready-to-cook weight. Chicken that is cut up and ready for frying is a great convenience. You can buy an entire bird or special pieces, such as breasts, legs or wings, to suit your family. When chicken is sold by the piece, the meaty portions cost more per pound than those with less meat, like the backs, necks and wings.

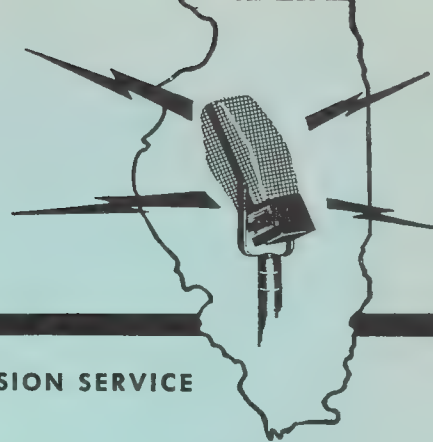
The bonier pieces, however, are especially good for stewing and soup-making. Why not plan for extra amounts--if you buy whole chickens--and save the bonier pieces for a second meal?

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 10, 1952

### Four Main Cuts of Pork Chops

URBANA--Pork chops vary considerably in their "choiceness," says meats specialist Sleeter Bull, University of Illinois College of Agriculture.

Chops are cut from a pork loin--the muscular part of the back that extends from the ham to the shoulder and contains the ribs and the backbone. Sometimes loin chops are all sold at one price, but more often they are sorted into four different price groups according to the demand.

Chops cut from the rear end of the loin, next to the ham, correspond to the sirloin of beef and rate third in desirability. Just in front of them is a portion comparable to the short loin or porterhouse. These center-cut chops rate first and are usually highest priced. The rib-cut chops, from the next section on the loin, are rated second, while the front of the loin contains a section of the shoulder blade. These chops rate fourth or last in desirability.

Pork chops, especially the center cuts, are seldom considered an economy buy. Taken as a whole, the pork loin from which they are cut consists of 15 percent fat and about 18 percent bone, which is high, considering the market value of the cut.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 12, 1952

### Homemade Clay--A Substitute for Mud

URBANA--Does your two- or three-year-old like to play in the mud? Then try this "clay" as a quickly made mud substitute.

The recipe comes from Helen Marshall, child development specialist, University of Illinois College of Agriculture.

Sift together 1 cup flour, 1/2 to 1 cup salt and 3 teaspoons alum. Add enough water to make a stiff dough. Color with food coloring. Or add tea or coffee in place of the water to give the clay a mud color. Mix well and mold into a ball. Leave out at room temperature overnight to ripen.

The more salt you add, the less sticky the clay will be. The mixture will keep several weeks if you store it in your refrigerator. Wrap in wax paper or aluminum foil.

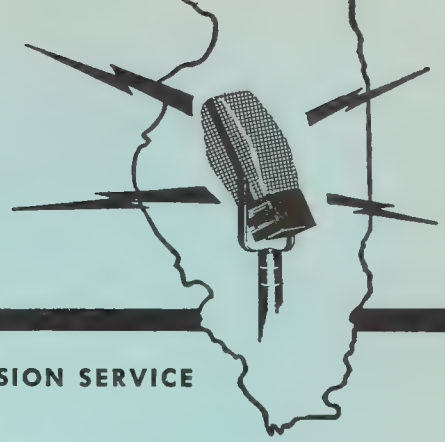
Your little tyke can roll mud balls and snakes to his heart's content. The clay is soft and pliable and easy for little hands to handle.

Older children might also like to play with this clay, but usually they like something that models into finer shapes.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 13, 1952

### Gelatin Solution Gives Body to Cottons, Rayons

URBANA--You needn't be bothered by white starch spots on your sheers and dark cottons. Instead of using starch, dip them in a gelatin solution after laundering.

Your garments will resist wrinkles and hold their new finish for several wearings after you've given them the gelatin treatment. And it will restore that "just bought" look.

Florence King, clothing and textiles specialist, University of Illinois College of Agriculture, tells how to make this solution. Soak 1 tablespoon of plain gelatin in a little cold water. Then dissolve in 1 gallon of hot water.

This makes a light solution for thin, sheer materials like organdy, voile and lawn. For heavier materials such as butcher linen, denim or heavy crepe, use a stronger solution--1 tablespoon of gelatin to 2 quarts of water.

After dipping your garment into the solution, roll it in a towel to absorb excess moisture. Press while slightly damp.

Miss King also recommends this gelatin solution for restoring body to your washable rayons.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 14, 1952

### Use Non-Fat Dry Milk to Ease Food Budget

URBANA--Use dry milk and ease some of the strain on your food budget. Dry milk products can help you and your family get enough milk for good health.

You'll find dry milk easy to carry home from market, and it takes little storage space at home. Just compare carrying and storing a pound package to its equal in bottled milk--five quarts.

Non-fat dry milk is found on most markets. It has the same calcium, minerals, B vitamins, natural sugar and high-quality protein that make liquid skim milk such a valuable food.

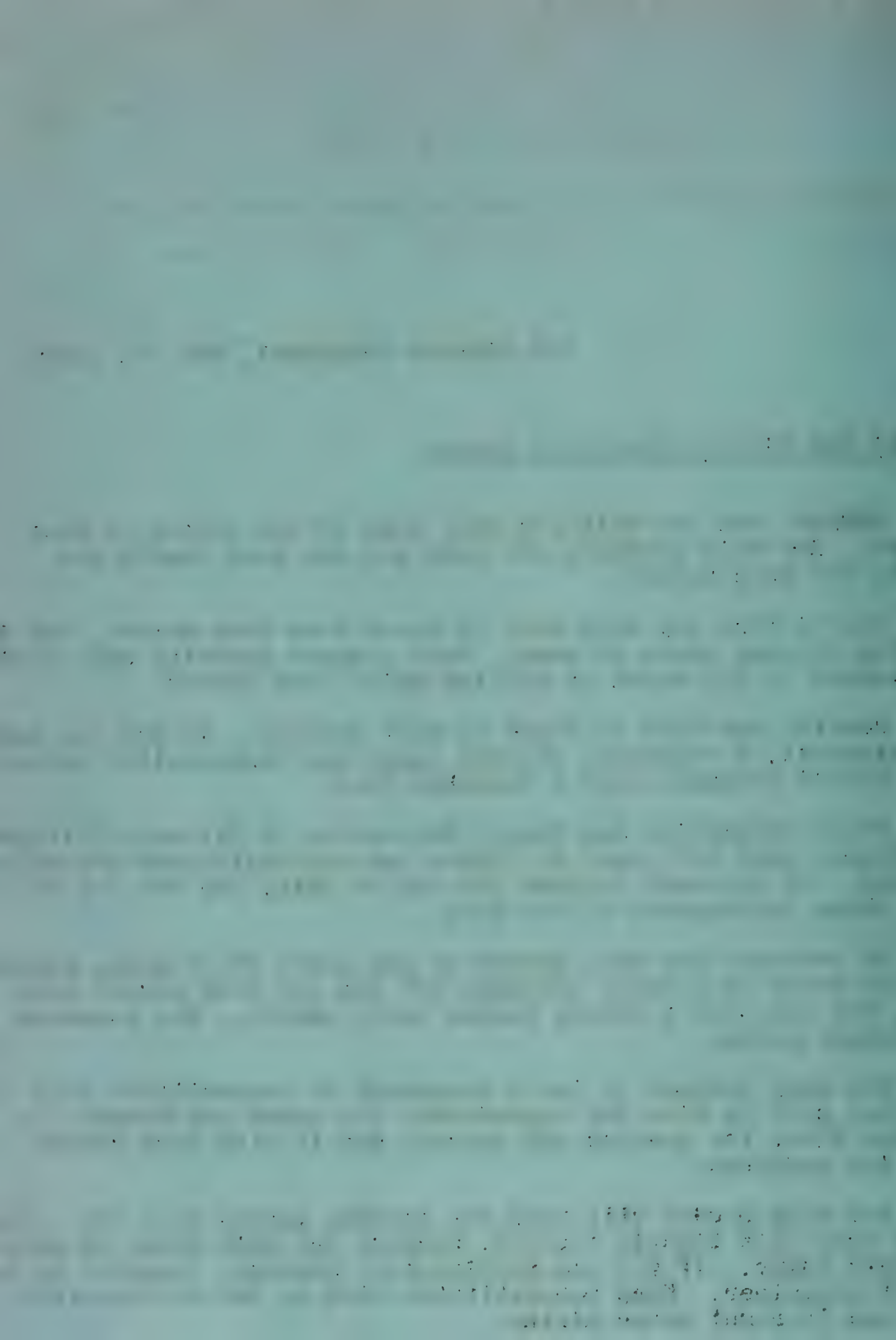
Foods specialist Ann Fluhr, University of Illinois College of Agriculture, says it's easy to figure how much milk each dry milk recipe gives. If you want to make one cup of milk, use one cup of water and three tablespoons of dry milk.

To reconstitute milk powder to one quart fluid milk, place four cups of water in a bowl; sprinkle  $3/4$  cup dry milk powder over the water, and mix with a rotary beater until smooth. Use lukewarm water to speed mixing.

For many recipes it isn't necessary to reconstitute milk powder. Just sift it with dry ingredients for cakes and breads. Or stir it into flour for gravies and sauces; mix it with corn starch and sugar for puddings.

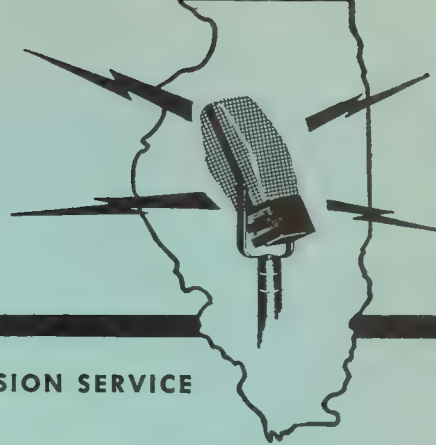
Dry milk powder will keep for several months on a dry, cool shelf. Be sure it's tightly covered, because dry milk takes up moisture and gets lumpy. If you use refrigerator storage, transfer it to an airtight container. Keep reconstituted milk in the refrigerator if you don't use it right after mixing.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 15, 1952

### Protect Clothing From Moths, Silverfish

URBANA--Protect your clothing against moth and silverfish damage when you store it. Moths will attack woolens. Silverfish eat rayons and cotton.

Florence King, clothing and textiles specialist, University of Illinois College of Agriculture, says all garments should be stored clean.

The slightest trace of soil is an invitation to moth damage, Moths thrive on lint, so open the pockets and cuffs and brush out any lint accumulation.

Store woolens in a specially reserved closet, chest or boxes that will stay closed all summer. Use a generous amount of paradichloride of benzene crystals as a moth protector--one pound to 10 cubic feet of space.

Protect your rayons and cottons from silverfish with a sodium floride (poisonous) mixture. Blend together one tablespoon of sodium floride with one cup of flour. Sprinkle shelves and closet floors with this mixture.

THE UNIVERSITY OF CHICAGO

PHYSICS DEPARTMENT

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 16, 1952

### Take Your Suntan in Small Doses

URBANA--You'll need to apply good judgment when it comes to the amount of sunshine you and your family get during the coming summer months. Mothers may need to exercise some control where children are concerned.

Pauline Brimhall, health specialist, University of Illinois College of Agriculture, advises fair-skinned people particularly to take their sun in small doses.

If there is a sunburn, treat it as you would a burn. Treat a mild case of sunburn with a bland burn ointment. A more severe sunburn can be dangerous, and your doctor should be consulted.

Miss Brimhall points out that you can control the immediate dangers from sunburn. However, continued overexposure can lead to skin cancer.

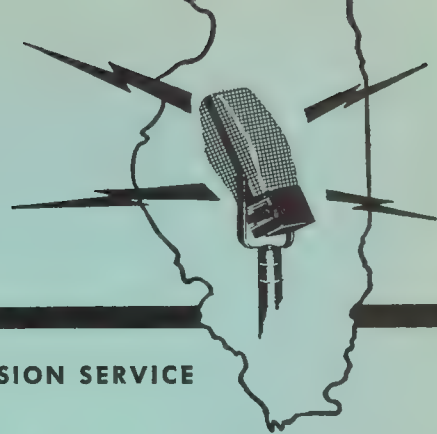
Skin that has been exposed to the elements--the sun and all kinds of weather--over a long period gradually becomes dry and scaly. Liver spots or freckles often appear, and they may turn into skin cancer as time goes on.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 17, 1952

### What to Do if Your Home Freezer Stops

URBANA--The unexpected sometimes happens. If your home freezer stopped running, what would you do?

Here are some suggestions from livestock marketing specialist W. J. Wills, University of Illinois College of Agriculture:

Estimate how long the current will be off and how long the food will stay frozen. Don't worry if you know the freezer will be running again in a few hours. Just keep it closed.

Make arrangements ahead of time with your local locker plant to take care of your food in an emergency. If you find that your freezer will be stopped for more than a day, wrap the frozen food in plenty of newspapers and blankets and take it to the plant.

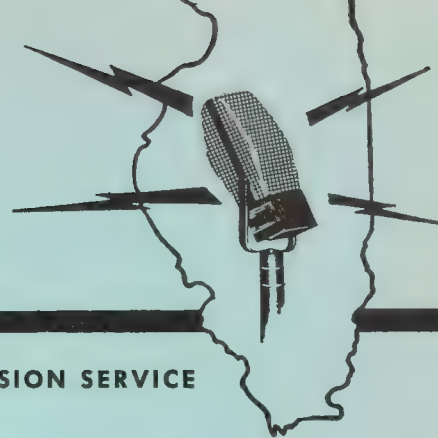
If no locker space is available, try to locate a source of dry ice in your community. In an average-sized freezer, 50 pounds of dry ice should keep the temperature down to 15° F. for about two days. Put the dry ice inside the freezer, and use a layer of heavy cardboard to separate it from the packages of frozen food.

If your food thaws in spite of these precautions, perhaps the only practical way to save it is to can it. Keep canning supplies on hand, and keep your canning equipment in good working order.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 19, 1952

### Patches for Your Youngster's Play Clothes

URBANA--Use your sewing machine to mend your youngster's play clothes.

Fern Carl, clothing specialist, University of Illinois College of Agriculture, says sewing machine mending is quick and easy. However, since the patch may be conspicuous, you might not want to use this method on garments for best wear.

Here's the way to mend on the machine: Reinforce the worn or torn spot with extra material to make it strong. Then zigzag back and forth across the raw edges with your machine. If the machine has reverse stitching, a pressure release or darning device, you can sew backwards without turning the cloth.

If your machine won't stitch backwards, remove the presser foot and attach a darning foot or other darning device. Then move the cloth back and forth with your hands as you sew.

Or leave the presser foot on the machine and release pressure in one of these ways: (1) Unscrew the presser bar just enough to allow the cloth to be moved back and forth easily; (2) raise the presser bar slightly with your hand and hold; (3) wire or tie up the presser foot; or (4) place a match under the lifter of the presser bar.

You can prevent the material from puckering if you put the cloth in embroidery hoops before stitching.

# THE HISTORY OF THE

REIGN OF

CHARLES THE FIRST

BY

JOHN BURNET

OF THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

LONDON

Printed by J. Streater, at the Sign of the Gun, in St. Dunstons Church-yard, 1679.

By Authority.

THE HISTORY OF THE

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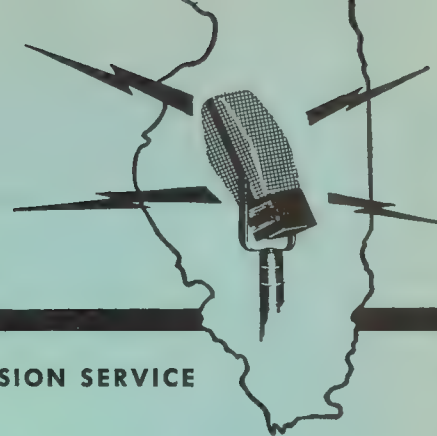
Printed by J. Streater, at the Sign of the Gun, in St. Dunstons Church-yard, 1679.

By Authority.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 20, 1952

### "Set the Stage" for Desirable Conduct

URBANA--Thoughtful mothers find a bag of toys as helpful as a shopping bag on certain expeditions.

Try to look ahead and see what a child will be doing and prepare in advance to keep him occupied, suggests child development specialist Ruth Cooper, University of Illinois College of Agriculture.

Preschool children just can't sit still--they are at the "runabout" stage, trying to find out about their strange new world. They'll be tasting, poking, pulling or punching each new thing they see. You can expect them to get dirty and sometimes tear their clothing. And they'll be noisy and fight with their playmates.

Parents should take this into account not only at home, but also when they take their children visiting, shopping, to the doctor's office or to church. They can consciously plan to control the situation by seeing to it that the children have something to interest them. In today's world, children can't be left to their own devices with the hope that they will not do something they shouldn't.

A bag of toys will often keep young children busy. Sometimes providing suitable activities calls for quite a bit of ingenuity and foresight, but the rewarding effects to both children and parents are well worth the effort.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 21, 1952

### Toys for Children Who Play Alone

URBANA--Your child is less likely to say "Mommie, what can I do?" if there's a variety of playthings in the backyard. When children play alone, they use different kinds of play equipment than when playing with other children.

Child development specialist Helen Marshall, University of Illinois College of Agriculture, says when children play alone they like to do things that develop their skills and ideas.

Such equipment as swings, trucks, wagons, tricycles, bicycles, scooters and skates give children a chance to develop skills.

An older child is ready for circus equipment--trapezes, rings, bars--and for basketball hoops, a place to bounce balls against a wall, tree ladders and ropes.

A sandbox is ideal for helping the preschool child carry out his own ideas. He'll need little cars, blocks for building, shovels and pails for digging in the sand.

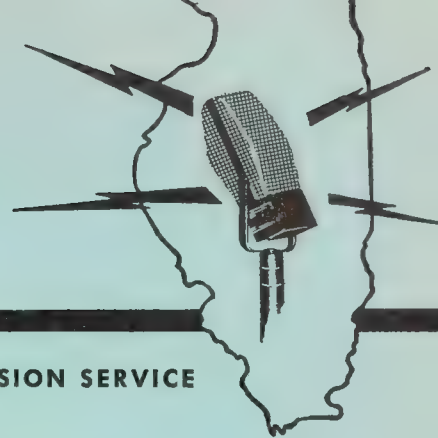
If the equipment is there to suggest it, the little tot can play house. Provide durable dolls, things for taking care of the "home," pans and small cooking utensils.

Miss Marshall suggests that, for your own sake, you place noisy toys, such as pounding games, carpentry materials, and musical games, and pets outside.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 22, 1952

### Freeze Strawberries While Supply Is Plentiful

URBANA--Strawberry harvest should be starting in southern Illinois this week (week of May 18), and from then on strawberries will be coming to Illinois markets in quantity.

Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture, suggests freezing strawberries to give variety in your vitamin C needs during out-of-season months.

Prepare strawberries for freezing whole, sliced or crushed, depending on how your family likes them and how you'll use them.

If you freeze them whole, use a 40 percent sugar sirup. To make this sirup, dissolve one cup of sugar in one and one-fourth cups of water. Heat the mixture to dissolve quickly. Then cool the sirup before pouring it over the berries.

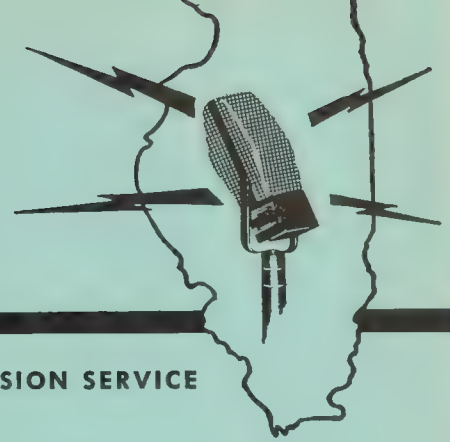
You'll get a better flavored product if you add plain granulated sugar to sliced or crushed strawberries. Use one cup of sugar to five cups of berries. Or, if you like sweeter berries, increase the amount of sugar.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 23, 1952

### Inexpensive Outdoor Play Equipment

URBANA--If your back yard offers the kind of play equipment children enjoy, they're less likely to play in the street or trespass on the neighbor's property.

Helen Marshall, child development specialist, University of Illinois College of Agriculture, suggests inexpensive play equipment that groups of children can adapt to different kinds of play.

Since children enjoy movable play equipment, give them large packing boxes and heavy cardboard cartons that can be moved and lifted. The youngsters can make their own cowboy corrals, caves, hangars and playhouses from big packing boxes.

Building blocks and small boxes are good for marking off forts, rooms, garages and parking lots.

Children like to climb and get up high. Trees, ladders, saw-horses and planks, and sturdy wooden boxes will give them an opportunity to carry out their ideas in imaginative play.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 24, 1952

### Is Mildew Your Problem

URBANA--Mildew is caused by molds that are in the air all the time. They grow best in places that are warm, damp, poorly aired and poorly lighted.

As molds grow, they cause quite a bit of damage. They sometimes "eat" into cloth so much that it rots and falls to pieces. They discolor fabrics and leather and cause wood to decay.

It's much easier to prevent mildew than to remove it once it is present. There are a variety of mildew-resistant finishes that you can use on fabrics, and there are ways to protect leather, painted surfaces and books from mildew. You can also use chemicals to take up the dampness that encourages mold growth in closets and storage spaces.

For specific information, write to the University of Illinois College of Agriculture, Urbana, for the mimeographed publication on preventing and removing mildew.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 26, 1952

### You Can Mend Lace

URBANA--Laces are having a big season. We love their feminine, fragile quality and the elegance they give to our clothing.

But lace trimmings often need a mending stitch here and there so that the garment won't be discarded before its time.

Sometimes a few supporting stitches are all that are needed. Or if a small section is giving way, as when slip straps are sewed to a lace edging, you can strengthen the section by adding a piece of lace or net to the wrong side and stitching back and forth by hand or machine. Trim off any excess from the reinforcing piece and, if necessary, whip the edges down.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, says it is easy to patch lace if it's torn so badly it can't be mended otherwise. Cut out the torn part and put in a new piece of lace. Machine-stitch, using a lap or plain seam.

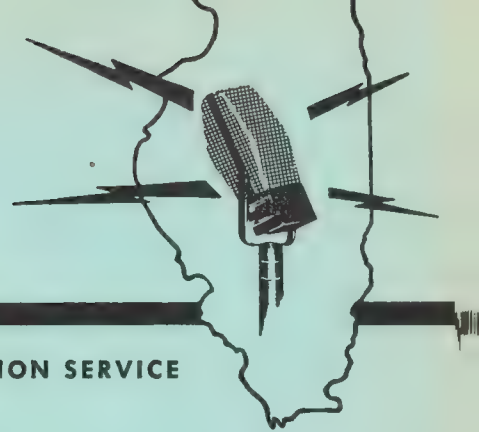
For very fine patching, use a matching piece of lace or net. Place the patch over the torn spot, match the design carefully and then whip the pieces together around the motif, much as you would apply an applique. The torn section may then be cut away, and the joining will be practically invisible.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 27, 1952

### Peas for the Freezer Take Quick Handling

URBANA--Get those early spring peas into the freezer while they're tender and sweet--before they become starchy and old.

Foods research specialist Frances Van Duyne, University of Illinois College of Agriculture, says blanching peas is a must if you expect to get a good-flavored product. Peas frozen without blanching develop off odors and flavors and lose color and vitamin C content rapidly.

Work with small quantities. Blanch one pound of peas in three quarts of boiling water for one minute. Cool the blanched peas quickly in cold running or iced water. Drain, then quickly package and seal in air-tight containers.

Get peas into the freezer immediately after packaging, or take them to the locker as soon as possible. If they stand at room temperature for any length of time, they lose sugar.

Some good varieties of peas for freezing are Large Podded Little Marvel, Frostie, Asgrow 40 and Little Marvel. In general, any variety that is good as freshly cooked fresh peas is satisfactory for freezing, with the exception of varieties developed especially for canning.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 28, 1952

### Salads for Variety

URBANA--Salads can be as simple as a bowl of crisp greens tossed with dressing, or they can be elaborate molded concoctions served with complicated dressings.

You can use salads for a first course, a main course for luncheon or dinner, for dessert, or as a salad for dinner. Any fruit, vegetable, meat or meat substitute can be made into an attractive, nutritious and satisfying salad.

A University of Illinois College of Agriculture publication, Salads for Variety, gives some general rules for preparing salads. It points out that they are most pleasing when they've been combined with a thought to contrast in color, flavor and texture. The publication also contains recipes for French dressing and mayonnaise and their variations.

Write for your copy--Salads for Variety--University of Illinois College of Agriculture, Urbana.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 29, 1952

### Plan One-Dish Meals for Late Workers

URBANA--Longer daylight hours mean later working hours for men in the fields and gardens. Chances are you can't plan a definite time for serving the evening meal.

Try these suggestions for meals that can wait and still hold their quality. They come from foods specialist Geraldine Acker, University of Illinois College of Agriculture.

She says it's better to serve a few items in large quantity than to have a large variety of food. One-dish and casserole meals will save you that last-minute rush that comes when your family is in a hurry to eat.

Plan simple menus--a main dish, bread and butter, a beverage and a salad or dessert or both.

A filling salad makes a tempting main dish to serve on those hot days. Or you can have baked beans or lots of thick, hearty sandwiches. For cool days plan a steamy meat and vegetable stew, chop suey, a ground meat or a chicken or fish casserole.

Have the main dish ready at the approximate meal time. Then prepare the beverage, salad or dessert, and add the finishing touches while the men are cleaning up.

# THEORY

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 30, 1952

### Give Positive Suggestions to Children

URBANA -Every child needs to develop his judgment, even if he makes mistakes. But don't leave him to his own devices and expect him always to make the right decision.

When it's his bedtime, mealtime or time to dress and bathe, there should be no chance to argue. According to child development specialist Ruth Cooper, University of Illinois College of Agriculture, children are less likely to argue if you give suggestions in a positive manner.

If you say to your child, "It's time to wash your hands before dinner," rather than ask, "Do you want to wash your hands before dinner?" he's less likely to say "No!" Avoid offering him a choice when there is no choice to make.

Even when you give positive suggestions, there are times when he can make his own choices. For example, let him decide whether he'll wear a blue shirt or a yellow one.

The more you encourage him to choose and plan ahead, the easier he'll learn to accept the consequences of his decisions.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from prominent growers and others closely related to production and marketing in Illinois.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from May 26 to 31--considering prices, qualities and supplies--will be green beans, topped carrots, pascal celery, selected strawberries, nearby-grown green onions, leaf lettuce, radishes and carefully selected Florida oranges and grapefruit.

If you don't have to watch your budget too closely, you'll be interested in asparagus, califlower, pineapples and cucumbers.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.



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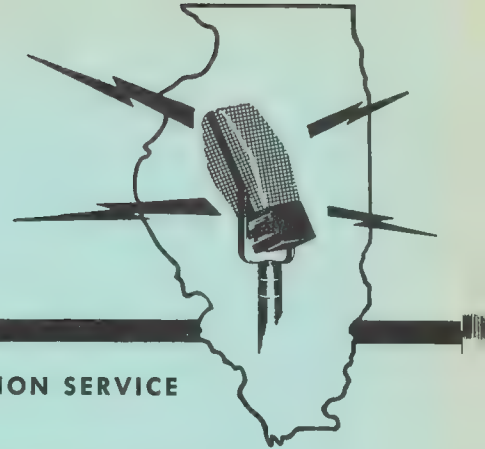
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 31, 1952

### Pennies Don't Belong in Fuse Sockets

URBANA--Pennies in fuse sockets can set the house on fire, warns Mrs. Ruth C. Freeman, chairman of the Illinois Safe Homes Home Economics Extension Committee, University of Illinois College of Agriculture.

A fuse is a safety valve. When it "blows," it is a warning to us that the wires are overloaded and more electricity is being carried than the circuit can handle safely. You can be using too many appliances on one circuit, or there may be some defect in an appliance, a cord or the wiring. The burning out of the fuse cuts off the current and avoids overheating hidden wires that might cause a fire.

You don't correct the cause of the trouble when you replace the fuse with a penny. The circuit is still overloaded, and the wires may become so hot that their insulation may begin to smoulder. Fires in the night, or when families are away, have often been traced to overloaded, smoldering wires.

Keep some extra fuses handy--near the service box--where they'll be ready if a fuse blows. To prevent trouble, wiring should be inspected and approved every few years by a qualified inspector.

# Memorandum

TO : THE DIRECTOR, FBI

FROM : SAC, NEW YORK

SUBJECT: [Illegible]

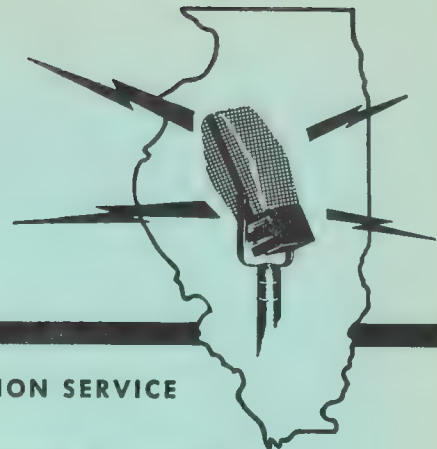
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 2, 1952

### Steps to Quicker, Easier Food Preparation

URBANA--Manage your kitchen hours to shorten your time in the kitchen and to make your work easier, particularly during the busy summer months ahead.

Foods specialist Geraldine Acker, University of Illinois College of Agriculture, says some steps can be eliminated, others combined. She gives these suggestions that will save you time and energy in food preparation:

Use simple menus. Plan meals that are quick and easy to prepare--oven or broiler meals, pressure saucepan or one-dish meals.

Plan to bake while preparing dinner. You'll save time by baking loaf cakes instead of layer cakes.

You can do a quick and thorough job of flouring and sugaring foods by shaking the pieces in a paper bag with the flour or sugar.

Simplify cleaning up by working on paper when preparing fruits and vegetables. Then roll up the paper and trimmings and whisk them into the garbage pail.

Spare yourself on dishwashing. For example, you'll need to use only one measuring cup if you'll first measure dry ingredients, then fat and then the liquid.

# THE HISTORY OF THE

REIGN OF KING CHARLES THE FIRST

IN THE YEAR 1649

BY JOHN BURNET

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 3, 1952

### How to Freeze Eggs

URBANA--Hens start laying fewer eggs as the weather gets hot. So from now until July is a good time to store eggs in your freezer.

Considerable work has been done at the University of Illinois on the freezing of eggs. Dr. Frances VanDuyne, in charge of these studies, gives the following suggestions as a result of the work to date.

To prepare egg yolks for freezing, separate them from the whites, and stir slightly with a fork, being careful to break them, but not to whip in air. Strain the yolks through a sieve to remove bits of membrane and other hard pieces. If you plan to use them in recipes that call for sweetening, add one tablespoon of sugar to each cup of egg yolks. For other uses, omit the sugar and add one teaspoon of salt per cup of egg yolks.

To prepare whole eggs for freezing, break, stir and strain them the same as you do egg yolks. After straining, add either 1 1/2 teaspoons of sugar or 1/2 teaspoon of salt to each cup of mixed egg, depending upon the use you plan to make of the eggs.

The whites are easiest to freeze. You don't need to mix or add anything to them. Just separate the whites from the yolks and put them immediately into freezer containers and into the freezer.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 4, 1952

### Home Management--A Family Affair

URBANA--When you make family plans, let your children share in making those plans. Let them help decide who'll do the chores, whether Mom needs a new stove more than Junior needs a bicycle or how the family will spend their vacation.

According to home management specialist Alice Stubbs, University of Illinois College of Agriculture, the first step in family management is making goals together. In working toward these goals, the whole family will find a richer fulfillment of family living.

Children learn best when they take part in the original planning of activities and responsibilities. When they have their own responsibilities in the home, family needs and limitations have more meaning.

As your family increases, help the new members to understand the goals that have been set. Include the little tots in planning and carrying out the family program. Sharing in this responsibility will help them to grow into responsible adults, capable of meeting problems and thinking them through clearly.

THE UNIVERSITY OF CHICAGO

CHICAGO, ILLINOIS 60637

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 5, 1952

### Art Materials for Outside Play

URBANA--Encourage your child to play with his paints, carve or mold with clays out of doors. Art materials can make a big muss indoors, and you'll find that the muss doesn't matter so much when it's made in the yard.

Helen Marshall, child development specialist, University of Illinois College of Agriculture, suggests that you provide an outside easel for the child who likes to paint and to draw with chalk. It's a good idea to have a tub of water on hand for him to wash his hands--especially if he does finger painting.

A little tot can "paint" the trees, the house or yard chairs by the hour if you'll give him a paint brush and a small pail of water.

Wet sand is a good outside play material for the grade-school child who likes to model and make forms. And you'll find that the muss from papier mache, molding clays and doughs or shavings from carving is less noticeable outside, too.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 6, 1952

### Freeze Surplus Eggs

URBANA--If you'll store your surplus eggs in the freezer now, they'll come in handy when egg production drops during the hot summer months.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, tells how to freeze whole eggs, egg yolks and egg whites.

To prepare egg yolks, separate them from the whites; then break the yolks and stir slightly with a fork. Strain them through a sieve to remove bits of membrane. If you plan to use the yolks in a recipe with sugar, add one tablespoon of sugar to each cup of yolks. For other uses, leave out the sugar and add one teaspoon of salt to each cup of egg yolks.

To prepare whole eggs for freezing, break the yolks, stir slightly and strain the whole egg through a sieve. Then mix with  $\frac{1}{2}$  teaspoon of salt or  $1\frac{1}{2}$  teaspoons of sugar, depending upon how you plan to use the eggs.

To freeze egg whites, simply separate the whites from the yolks, place them in air-tight moisture proof cartons and freeze immediately.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from June 2 to June 7--considering prices, quality and supplies--will be strawberries, leaf lettuce, green beans and all kinds of greens. Florida oranges and grapefruit will be good buys, too, if you select them carefully.

If you don't have to watch your budget too closely, you'll be interested in greenhouse tomatoes and cucumbers, pascal celery and pineapples.

This information comes from Lee A Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. He bases this summary on special reports from fruit- and vegetable-growing areas throughout the state.

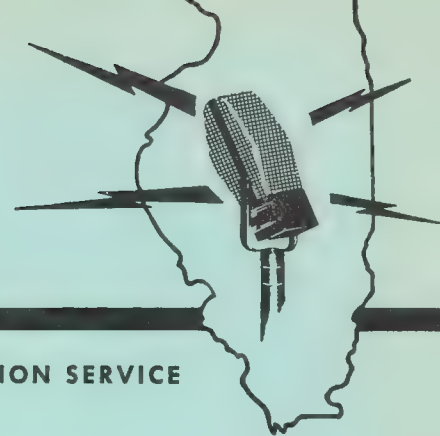
Somers says the strawberry season is past its peak in the southern tip of Illinois and is reaching its peak in the big growing region around Centralia, Mt. Vernon, Salem and Ferina. Timely rains and cool weather have been favorable. The strawberry season is a short one--the Illinois crop will be gone in a few weeks, and southwestern Michigan will take over. Now is a good time to buy strawberries.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Home Economics Students Win Danforth Fellowships

URBANA--Marilyn Womeldorff, Wheaton, DuPage county, and Carol Ann Krause, Easton, Mason county, have been named 1952 winners of the Danforth Summer Fellowship awards for home economics students.

The awards are made annually to an outstanding junior and freshman girl majoring in home economics at the University of Illinois. Sponsor of the awards is the Danforth Foundation, a private family fund started by William H. Danforth, chairman of the board of the Ralston Purina company in St. Louis.

Marilyn is the daughter of Mr. and Mrs. D. W. Womeldorff of Wheaton. Her award consists of a two-week sightseeing trip in St. Louis and two weeks at the American Youth Foundation Leadership Training camp at Camp Miniwanca on Lake Michigan near Shelby, Michigan--all expenses paid. Alternates for this award are Mary Barlow, Hindsboro, Douglas county, and June Brubaker, Waggoner, Montgomery county.

Daughter of Mr. and Mrs. August Krause of Easton, Miss Krause's fellowship covers the cost of a two-week period at the camp in Michigan. First alternate is Gene Stimart, Downers Grove, DuPage county; second is Betty Priggie, Berwyn, Cook county.

The winners were selected by the University of Illinois home economics committee on the basis of scholarship and honors. The awards are based on outstanding physical, mental, social, and religious development.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 7, 1952

### Strawberry Sun Preserves--How to Make

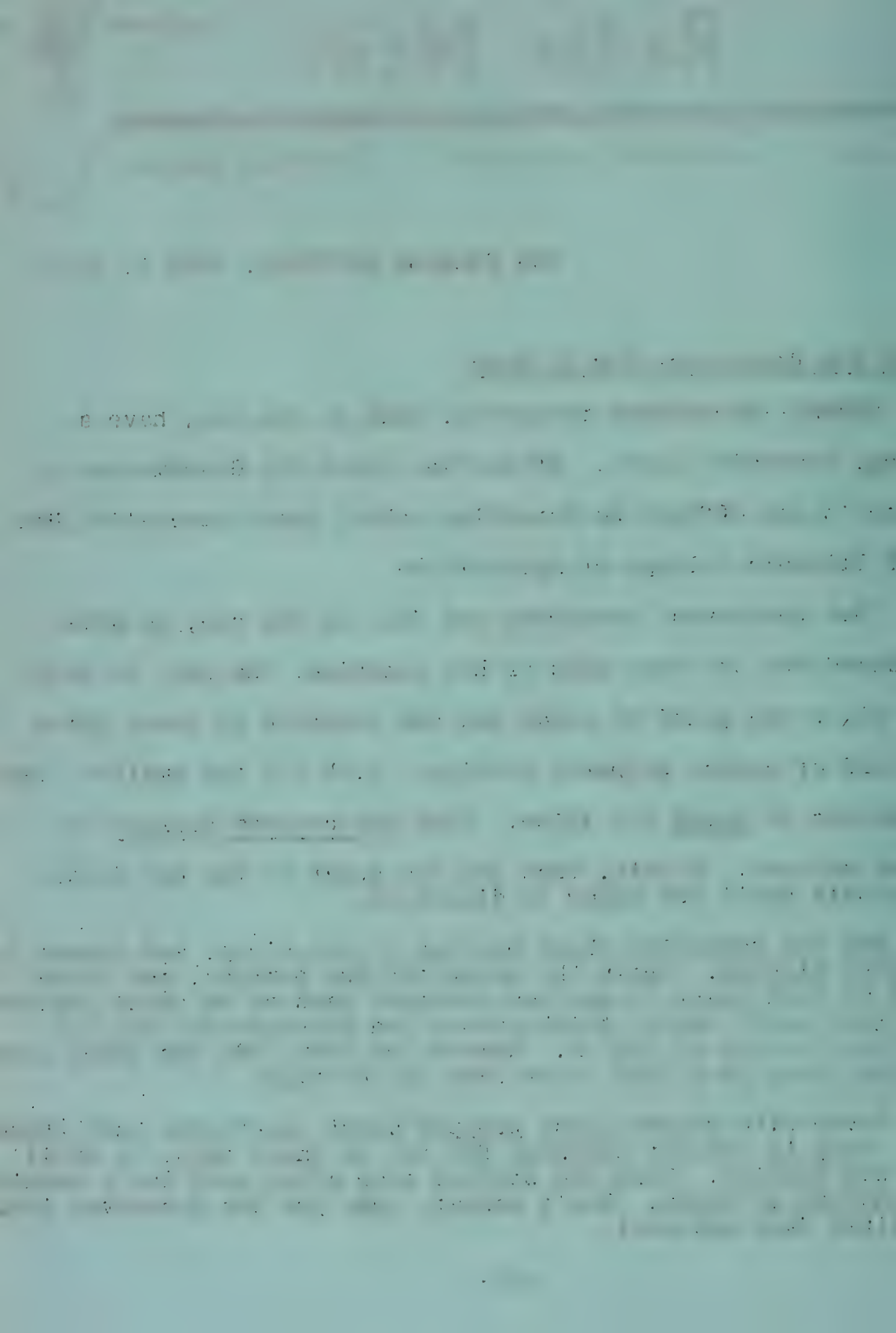
URBANA--Strawberry preserves, made in the sun, have a tantalizing, homemade flavor. If you've wished for Grandmother's recipe, here's one offered by Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

"Sun preserves" evaporate and jell in the sun, so after you've ordered two or three days of hot sunshine, the rest is easy.

Allow one pound of sugar and one teaspoon of lemon juice to each pound of choice prepared berries. Pick out the smaller, less perfect berries to crush for juice. Cook the crushed berries for about three minutes. Strain, then add the sugar to the hot juice and heat slowly until the sugar is dissolved.

Add the remaining whole berries to the sirup, and simmer for three to five minutes. Drain the syrup off the berries, and place them about an inch apart on shallow enameled pans or on china platters. Boil the sirup until fairly thick--about ten minutes--or until it reaches a temperature of 221° F. Remove the scum, add the lemon juice and pour the sirup in a thin layer over the berries.

Cover with window glass propped about one-fourth inch above the pans. Keep in the hot sunshine for two or three days, or until the sirup has jellied. Turn the berries over after each day's sunning, and take indoors at night. Don't reheat; just put the preserves into hot sterilized jars and seal.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 9, 1952

### Adequate Lighting for Kitchen Work Areas

URBANA--Every job requires using the eyes to some extent.

If you do not have adequate lighting in your kitchen, you will need to put more strain on your eyes to do such jobs as peeling apples or removing the eyes from potatoes.

Home management specialist Catherine Sullivan, University of Illinois College of Agriculture, says that before you can decide which areas need special light, you need to know not only what jobs you will do in your kitchen but where you will do them.

Since light travels in straight lines, you'll want to make sure there's enough light in enough places to make it impossible to get in your own light.

You can't depend on one center light to meet all of your kitchen lighting needs. You'll need good lighting at the sink, the mix center and the range. Check the light at these areas. Is there enough light for you to see to do the jobs you have to do there?

If you sew, iron or work on family accounts in your kitchen, you will need special lighting in the areas where you do this work.

Natural lighting is good, but it won't help on dark days and in the evenings. Dark wall colors and dark, dull surfaces absorb light. If you've recently changed the color scheme in your kitchen from a light to a darker color, you'll want to use a larger bulb to get more light.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 10, 1952

### Watch the Weight of Your Washer Load

URBANA--Use a scale to weigh the clothing you put into your washing machine. Too heavy a load or too many large pieces may be the reason your washer doesn't get your clothes clean.

Home management specialist Catherine Sullivan, University of Illinois College of Agriculture, gives information on recent laundry research done by the Ohio Experiment Station.

Chances are that cylinder or agitator-type washers will do the best job with a  $7\frac{1}{2}$  or 8 pound load. Nine pounds may overload your washer, even though the direction book gives this amount as the capacity.

A load made up of large and small pieces is most practical and satisfactory for family washings. Combinations of small items also wash well because they can move freely. But a load of sheets, for example, gives trouble.

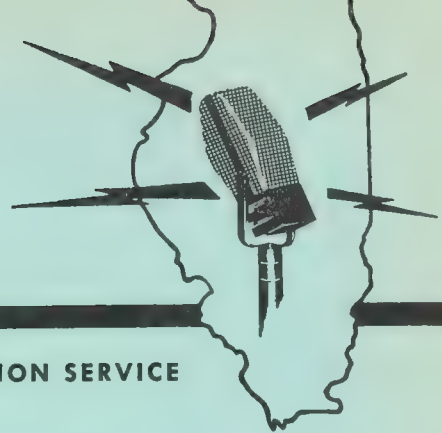
In an agitator washer a load of sheets can't move freely. They billow around the agitators and turn so slowly that only part of the load is washed.

Here is a good variety of pieces for an 8-pound load: two sheets, two pillowslips, two bath towels, two shirts, two luncheon cloths and about a pound of tea towels or other small items.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 12, 1952

### 1952-53 Home Advisers' Association Officers

Marion Simon, Ford county home adviser, will serve as president of the Illinois Home Advisers' Association during 1952-53.

Other new officers are Laura Heddleson, Edgar county, vice president; and Mrs. Mary Butler, Pulaski-Alexander counties, secretary.

Miss Simon is serving her second year in Ford county. After her graduation from the University of Illinois, she taught home economics for three years at Morrisonville community high school. She has also been home adviser in Edwards, Jasper, and McHenry counties.

Miss Heddleson has been home adviser in Edgar county for five years. In 1949 she received recognition from the National Home Demonstration Agents' Association in Chicago. She had her training at Iowa State College. Before coming to Illinois, she was a high school teacher and then a county extension home economist in Iowa.

Mrs. Mary Butler, a University of Illinois graduate, has served five years as home adviser in Pulaski-Alexander counties. Before that time she was a hospital dietitian and a member of the nurses' training school staff at two Chicago hospitals. She was also on the staff at Burnham City Hospital, Champaign, Illinois.





Eliminate Extra Steps in Your Housework

URBANA--Check your daily schedule to see whether you're taking extra steps in your housework. They add up to lost time and energy.

Alice stubbs, home management specialist, University of Illinois College of Agriculture, suggests that you eliminate these extra steps and use the minutes you save for relaxation and family activities.

Perhaps you're taking extra steps when you clean house. Assembling your cleaning materials in one place and keeping them together will eliminate the need for scurrying around to collect them when you're ready to do the job.

Think through the steps you take before you start any home-making job. Have the equipment you use in a convenient place--easy to see, easy to reach and easy to grasp.

To conserve energy, follow difficult tasks with easy ones. And plan for a rest period during your busy day. While you're doing the baking or while the washer is running, sit down and relax for a few minutes.

You can save both time and energy by planning to have your children play near by. If they know you're in view, they're less likely to call and demand your time.

Plan time for family activities in your daily schedule. An hour or two with your family is just as important as an orderly home and regular meals.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 13, 1952

### How to Make Fresh-Flavored Strawberry Preserves

URBANA--It's strawberry season, and here are tips for making bright red, fresh-flavored strawberry preserves. They come from Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Combine alternate layers of sugar and fresh berries, using two cups of sugar to one quart of berries. Let the berries stand in sugar overnight, or at least 8 to 10 hours, before cooking. Or heat the berries and sugar slowly at a low heat until the sugar is dissolved, and then let stand overnight.

If berries have a chance to absorb sugar before the final cooking, the fruit and syrup will be less apt to separate. Cook one quart of berries at a time. Use a large saucepan, and heat quickly to the boiling point. Boil from 10 to 15 minutes.

The preserves are done when the syrup falls from the spoon in thick heavy drops. Place the pan in ice water to cool. When the preserves are cool, remove the scum. Pour the preserves into sterilized containers. Cover with hot paraffin immediately.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from prominent growers and others closely related to production and marketing in Illinois.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from June 9 to 14--considering prices, qualities and supplies--will be green beans, bunched carrots, Texas onions, celery, cabbage, spinach and several other greens. Strawberry quality and prices are extremely varied.

If you don't have to watch your budget too closely, you'll be interested in tomatoes, peppers, greenhouse cucumbers and California head lettuce.

This information comes from Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.



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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 14, 1952

### Illinois Home Bureau Citizenship Conference--June 17-20

URBANA--The fifteenth annual Citizenship Conference will be held at Bradley University, Peoria, June 17-20. Each county in the state sends two delegates--the president and vice president of the county home bureau organization.

The conference is one of the most important meetings of the year for the Illinois Home Bureau Federation. The theme, "The home is the center of every woman's interest, but not the circumference," keynotes the meetings. Delegates will tackle problems that deal with family and local groups, as well as those of national and international responsibility.

One of the highlights of the conference will be a talk Tuesday afternoon by Mrs. Luella Mortensen on "Meeting Tensions on the Home Front." Mrs. Mortensen comes from Madison, Wisconsin, where she is director of women's programs on radio station WKOW.

On Wednesday afternoon, Dr. Nicholas Nyaradi, professor of political sciences, Bradley University, will query his audience on the subject, "Shall We Survive?"

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Illinois Home Bureau Citizenship Conference--June 17-20 - 2

Two University of Illinois faculty members are slated to speak Thursday. Dr. Royden Dangerfield, professor of political science and director of the Institute of Government and Public Affairs, will discuss "Foreign Policy Issues of 1952." Dr. Edwin H. Reeder, professor of education, will speak on the subject, "The Three R's. . . and What Else?"

Other conference speakers will deal with problems concerning human relations, schools, local government and the Home Bureau Federation organizations.

The citizenship conferences are sponsored by the Illinois Home Bureau Federation and home economics extension at the University of Illinois. All home bureau members automatically belong to the Illinois Home Bureau Federation and so enjoy a prominent place among women's state organizations. The federation maintains membership in the National Home Demonstration Council and in the Country Women's Council of the Associated Country Women of the World.

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Season Near for Summer Apples, Red Raspberries

Illinois homemakers can be looking ahead to the beginning of the summer apple season about June 20, says Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Harvest of Yellow Transparent apples should begin about that time.

Red raspberries usually begin to come in a bit ahead of the apples, and harvest continues for about three weeks, says Somers.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 16, 1952

### Watch Out for Bad Eggs

URBANA--The only way to be sure you're buying good eggs is to insist that they've been candled, or examined under light. That shows up the bad ones.

So says E. E. Broadbent, egg marketing specialist at the University of Illinois College of Agriculture.

Consumers who still buy eggs on a "farm-run" or "current-receipt" basis should be especially watchful for bad ones during the next five months, Broadbent warns. Warm summer days usually mean more bad eggs in farm-run deliveries.

Broadbent reports that steady progress has been made toward producing and selling higher quality eggs in Illinois, especially since the Illinois egg marketing law went into effect last winter. The law requires that eggs going to market be candled to remove the bad ones. Merchants who go along with the law will label the eggs so that consumers know just what they are buying. Wise consumers will insist on graded eggs.

| Age Group | 1990 | 1995 | 2000 | 2005 |
|-----------|------|------|------|------|
| 0-14      | 18   | 16   | 14   | 12   |
| 15-24     | 12   | 13   | 14   | 15   |
| 25-34     | 15   | 14   | 13   | 12   |
| 35-44     | 12   | 13   | 14   | 15   |
| 45-54     | 15   | 14   | 13   | 12   |
| 55-64     | 12   | 13   | 14   | 15   |
| 65+       | 15   | 14   | 13   | 12   |

Soiled Girdles Wear Out in a Hurry

URBANA--Wash your foundation garments often. The gal who does gets longer service and better fit from her girdles.

Soil and perspiration acids cause the elastic in girdles to discolor, lose shape and deteriorate.

A well-bred girdle gets a sudsing in warm water after at least every two or three wearings, says clothing specialist Edna Gray, University of Illinois College of Agriculture.

Be sure all zippers and closings are fastened before washing.

Soak the garments in warm water and mild soapsuds for eight to ten minutes. Then use a brush on soiled spots rather than rub the material together. Heavier foundations especially should be moistened in lukewarm water and then brush-scrubbed on a flat surface.

CAUTION: Never wring any girdle. After you've rinsed it thoroughly, roll it in a towel to remove most of the moisture. Then close the garters over a hanger and let dry naturally, away from heat and direct sunlight.

It's a good idea to have at least two girdles so that you can wear them alternately. This gives each garment more time for natural drying and for the necessary repairs that assure longer wear.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 17, 1952

### Show off Flowers to Best Advantage

URBANA--Your flower container is just as important as the flowers and foliage that make up the arrangement. Yet you need not buy expensive containers.

Mary McKee, 4-H specialist, University of Illinois College of Agriculture, says you're likely to find good containers all the way from your cellar to the attic. Baking dishes, bean pots, low pitchers, casseroles and bowls are just a few examples.

The first thing to buy is a good needle-point holder and some clay to hold it in place. If you do buy a flower container, get one that is low and simple in shape--square, oblong, oval or circular.

Avoid brightly colored, overdecorated pieces as well as fancy shapes. Plain containers will show your flowers off to best advantage.

If you use a colored container, choose flowers that will be pleasing with it. Neutral-colored containers, such as browns, greens or grays, will add to the beauty of your flowers and show them off best.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 18, 1952

### Musical Instruments for Preschoolers

URBANA--Small fry who've had their noses put out of joint because older members of the family play musical instruments will find special joy in instruments of their own.

Percussion instruments are probably best for preschool children, says child development specialist Millicent Martin, University of Illinois College of Agriculture. They are easiest for them to handle and are more sanitary, since young children like to exchange things with each other.

You can make several kinds of instruments at home. Make a tom-tom with a shortening can, some pieces of inner tube, shoestrings and colored wooden beads. Cut both ends off the can, stretch the inner tube over each end and fasten by lacing with the shoestrings. Tie the wooden beads to the lacing for decoration.

Make drums from brightly painted coffee or shortening cans. If the top edge of the can is sharp, cover the edge with tape. A good mallet is easily made by tying a tightly packed ball of cotton to a stick. Cover the cotton with a cloth or a piece of chamois.

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FOR RELEASE WEDNESDAY, JUNE 18, 1952

Musical Instruments for Preschoolers - 2

Rhythm sticks can be made or purchased; bells, tambourines and wooden xylophones are other instruments you can buy for young children.

Remember that musical instruments are to be played--not banged, tossed around or stamped on, no matter what the age of the child. Praise the child for his particular level of achievement.

Children's own voices are excellent musical instruments. Let them experiment with sounds and rhythms. They'll want to imitate train and boat whistles, bird calls and songs they hear others sing. They'll be interested in the musical rhythms of everyday living that adults have missed or forgotten in the hustle and bustle of busy lives. These sounds are not "noise"--to children they are "music"!

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 19, 1952

### You Can Conquer Rusty Water

URBANA--If "red water" is your hard water problem, you'll welcome these suggestions for controlling these iron deposits. Home management specialist Catherine Sullivan, University of Illinois College of Agriculture, tells how you can solve the problem.

There are different methods of iron removal. One of the oldest is aeration, repumping and sand filtration--a cumbersome method that is not too practical for home use.

Here are two newer solutions: You can add a packaged chemical softener (sodium hexametaphosphate) to the water in your washer. Just follow the instructions on the package.

Or you can install a small tank-like device that holds phosphate crystals that dissolve slowly as water passes through. "Red water" is prevented, corrosion of iron or galvanized pipes is reduced and the capacity of the mechanical water softener is increased.

The cost of these methods depends largely upon how hard the water is and how much iron is present. Either method is good, and you can choose according to your pocketbook.

Miss Sullivan gives these words of caution on removing rust from sinks and bathroom equipment: Follow directions exactly. Be sure to wipe the rust remover off just as soon as the rust disappears. If you use oxalic acid to remove rust, for instance, the acid acts as long as it's left standing. That removes the glaze, and once the glaze is gone there's not a thing you can do about it.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 20, 1952

### Tips for Packing Men's Luggage

URBANA--Travel-bound families will find that men's and boys' clothing can be packed easily and with few wrinkles.

Clothing specialist Edna Gray, University of Illinois College of Agriculture, gives these suggestions for packing a man's two suiter:

Pack the trousers first. Place the front of the trouser legs in a straight line across the bottom of the suitcase, with the seat toward the handle. Hang the legs over the side. Pack the second pair of trousers in the same manner, but place the legs in the opposite direction.

Next put the jacket on a hanger and fasten the hanger to the case. Leave the jacket unbuttoned. Straighten the shoulders and smooth out any wrinkles. Move the sleeves so that they'll hang in a straight line. Fasten the center board and let the jacket bottom hang over the edge. Repeat these steps to pack a second jacket.

Fold the trouser legs over the jackets, first from the right, then from the left. Fasten the covering sheet.

Place heavy articles, such as shoes and shaving articles, at the bottom of the case. Pack shirts on top to avoid wrinkling. Put ties and underwear on top of the shirts. Then fill any empty spaces with handkerchiefs, socks and other small items.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from prominent growers and others closely related to production and marketing in Illinois.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from June 16 to 21--considering prices, qualities and supplies--will be cabbage, cauliflower, green beans, Texas onions, lettuce, spinach and other greens.

If you don't have to watch your budget too closely, you'll be interested in tomatoes, red raspberries, peppers and watermelons.

This information comes from Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 21, 1952

### Work With Vegetables Quickly When Canning

URBANA--Get vegetables into the can within two hours after they're gathered. Then you'll run less chance of having flat sour develop.

Frances Cook, foods specialist, University of Illinois College of Agriculture, says flat sour develops at high temperatures--either when vegetables are allowed to stand before canning or to cool slowly after processing.

Such vegetables as peas, snap or green lima beans and corn are particularly susceptible to flat sour. To prevent it, work quickly with small quantities. If you must hold vegetables before preparing them for canning, spread them out so that air can circulate around them.

Process all vegetables, except tomatoes, in a pressure canner. Follow time and pressure canning directions for the particular vegetable you're canning.

When processing time is over, allow the pressure canner to cool to zero. Then remove the jars from the canner and cool them on a rack far enough apart to allow air to circulate between the jars. Don't cover with a cloth. A cloth will hold heat in and cause food to flat sour.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 24, 1952

### Freeze Fruit To Make Into Jam, Preserves Later

URBANA--When you freeze fruit, freeze some that can be made into preserves or jam later. Then, when the weather is cooler, and as you need preserves or jam, make up the frozen fruit in small batches.

Foods specialist Frances Cook, University of Illinois College of Agriculture, says preserves and jam made in this way will seem to take less time and you'll get a fresher flavored product.

Be sure to add some plain granulated sugar to the fruit before packaging. If you freeze most fruits without sugar, the color, texture and flavor won't be so good.

Mark on the package the amount of sugar you used. Then, when you make the fruit into preserves or jam, add the rest that is needed.

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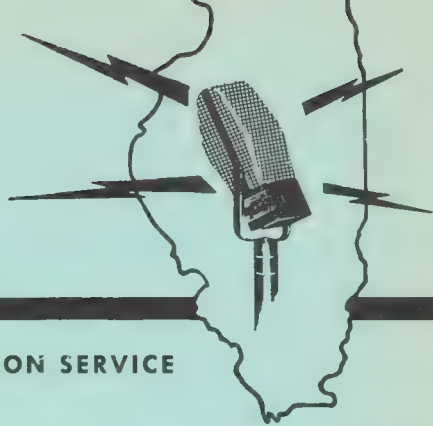
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 25, 1952

### Recommendations for Closet Storage

URBANA--Whether you're building or remodeling your home, you'll want to pay special attention to long-time storage spaces for clothing.

Research at the University of Illinois shows that a clothes closet should be at least 24 inches deep if you expect to hang clothing on a rod parallel with the door. A shelf 12 to 14 inches deep above the rod will take care of hats and out-of-season garments stored in boxes. Or use a tier of shelves 9 to 12 inches deep for these articles, as well as for shoes, purses and folded articles.

Housing research specialist Helen E. McCullough says the width for a closet will depend upon your individual needs. For bedroom closets she recommends not less than 48 inches of rod space for each person. Studies show that space needs for adults' clothing range from 3 feet in some rural areas to 7 feet in urban areas.

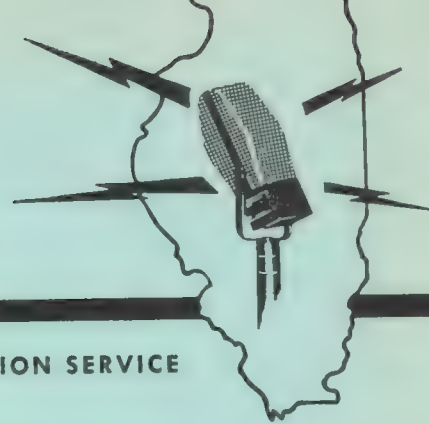
Generally, women's clothing takes an average of 2 inches of rod space for each garment, and men's clothing takes  $2\frac{1}{2}$  inches. Heavy coats and robes may take as much as 4 inches.

Place the top of the rod 63 inches from the floor for adults' clothing and 45 inches for 6- to 12-year-old children's clothing. Allow at least  $2\frac{1}{2}$  inches between the top of the rod and the shelf so that you can easily slip hangers on the rod.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 26, 1952

### How to Pack With Few Wrinkles

URBANA--If wrinkled clothes take the joy out of your traveling, try these suggestions for packing your dresses, suits and blouses. They come from Edna Gray, clothing specialist, University of Illinois College of Agriculture.

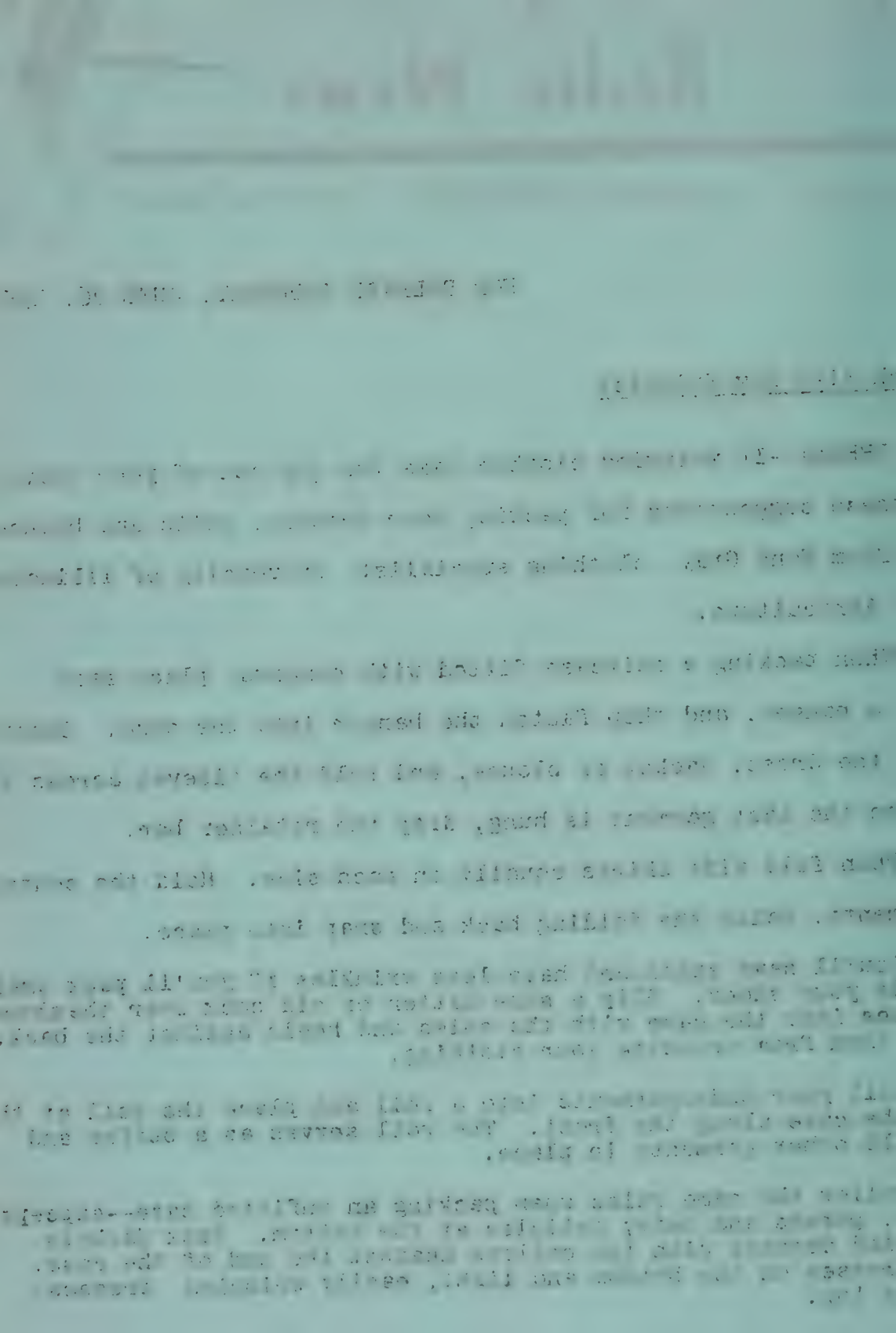
When packing a suitcase fitted with hangars, place each garment on a hanger, and then fasten the hanger into the case. Smooth the top of the dress, jacket or blouse, and fold the sleeves across the front. When the last garment is hung, drop the retainer bar.

Then fold wide skirts equally on each side. Hold the center of the garments, raise the folding back and snap into place.

You'll save space and have less wrinkles if you'll pack small items inside your shoes. Slip a shoe mitten or old sock over the shoes. Put the shoes into the case with the soles and heels against the back. This keeps them from crushing your clothing.

Roll your undergarments into a roll and place the roll at the bottom of the case along the front. The roll serves as a buffer and helps to hold other garments in place.

Follow the same rules when packing an unfitted case--except place shoes, purses and heavy articles at the bottom. Pack jackets lengthwise and dresses with the collars against the end of the case. Put heavy dresses on the bottom and light, easily wrinkled dresses close to the top.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 27, 1952

### Learn How to Make Flower Arrangements

URBANA--As a 4-H Club member taking a flower arrangement project, you'll learn to see the beauty of a few blossoms made into a flower arrangement and how to combine pleasing colors in a flower container or a corsage.

Mary McKee, 4-H specialist, University of Illinois College of Agriculture, suggests this as an ideal 4-H Club project for beginners as well as for older girls. It can be carried on year after year.

In a flower arrangement project, you study how colors go together and how to balance light colors with dark ones. You develop your own judgment as you work with color combinations.

You'll see how lines go together to form a pattern as you work with twigs, branches, buds, seedpods and greens.

You'll learn how to select the right container for certain flower arrangements. And you're likely to find that you have good containers right in your own home--low pitchers, baking dishes, casseroles, bowls. A beanpot, for example, makes a perfect container for zinnias or marigolds.

After you've learned the rules about flower arrangement, you'll find it fun to make arrangements for your home, for a special day at your church or for someone who is ill. Also you can make corsages for a 4-H or school banquet, Mom's birthday or a special party.



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*Journal of Management Education* 26(7) 809-824

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1. The first step is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the situation.

Large quantities of this oil are used in the manufacture of soap, and it is also used in the manufacture of lubricating oils. It is a very important component of the diet of many animals, and it is also used in the manufacture of many other products.

1. The first step in the process of identifying a problem is to recognize that a problem exists. This is often done by comparing current performance with a desired state or goal. If there is a discrepancy, a problem is identified.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from prominent growers and others closely related to production and marketing in Illinois.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in fresh fruit and vegetable market from June 23 to 28--considering prices, qualities and supplies--will be green beans, cabbage, radishes, Texas onions, bunch beets, spinach and other greens. Strawberry and asparagus seasons are practically over.

If you don't have to watch your budget closely, you'll be interested in tomatoes, peppers, red raspberries and cherries.

This information comes from Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable- growing areas throughout the state.

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EBH:mi  
6/23/52

## PROCEEDINGS OF THE

ANNUAL MEETING OF THE  
AMERICAN MEDICAL ASSOCIATION  
Held at the Chicago Convention Center  
Chicago, Illinois, June 1-5, 1958

The American Medical Association  
was organized in 1847 as the  
Association of Physicians and Surgeons  
of the State of Illinois.

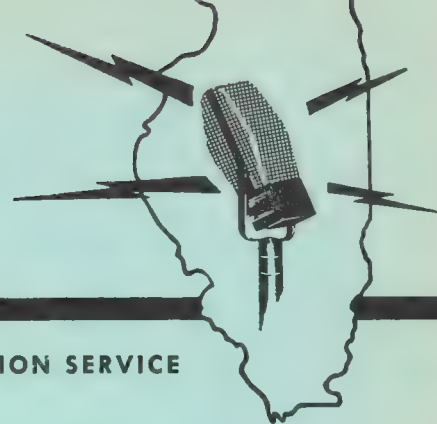
## MEMBERSHIP LIST

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 28, 1952

### Family Reunions Can Be Fun for Everyone

URBANA--Plan family reunions with program features the whole family can enjoy. Instead of sending the children off to play the whole time, include them in activities so that they'll feel they are a part of the group.

Helen Marshall, child development specialist, University of Illinois College of Agriculture, gives suggestions for making family reunions pleasant.

To give children and newcomers a chance to become acquainted with other members of the group, try a question-and-answer game. Pass around questions about past and present family members, and set a special time for the questions to be answered.

You might also plan a storytelling time by old-timers. Have them tell about things that happened in their younger days and about people who lived before.

Ask families to bring pictures of what they've done during the past year--Mom's new kitchen, Junior's prize heifer, Uncle Jim's new hay barn.

There'll be sweet memories and laughter, too, if you'll have a few members dress in styles they wore in years past. Even 20 years ago is past history to children.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 30, 1952

### Avoid Overcrowding Your Refrigerator

URBANA--If you're having trouble finding enough storage space in your refrigerator during these hot summer days, check to see whether you may be storing things that don't need refrigeration.

Catherine Sullivan, home management specialist, University of Illinois College of Agriculture, says the first thing to do is to take out such things as jellies, pickles, commercial salad dressings and peanut butter. They'll keep just as well on a kitchen shelf. Carrot, celery and radish tops, outside lettuce leaves and pea pods have to be discarded anyway, so remove them before storing.

It's a good idea to remove store wrappings from food. If it is necessary to cover foods in your refrigerator, use small containers or plastic bags. They take up less space.

Then arrange food on the shelves so that cold air can get to all sides. If you cool large quantities of food in the refrigerator, two small bowls may be better than a large one. It's safer, and food cools faster.

Store milk, meats and poultry in the coldest part of your refrigerator. Give eggs and small fruits the next coldest spot, and store salad greens next to fruit. When strong-flavored vegetables and fruit need refrigeration, store them in one of the lower sections.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 1, 1952

### Car Games for Young Travelers

URBANA--Your children are less likely to be restless and quarrelsome while traveling if they have something to do.

Child development specialist Helen Marshall, University of Illinois College of Agriculture, offers these ideas to keep children occupied, whether they're taking a long trip or just riding to town:

You might suggest that they play a game with car licenses. On long trips where there'll be many out-of-state cars, have each child guess the color of the next out-of-state license tag they will pass--ignoring their own state tag. The child who picks the right color scores one point. They'll have to keep track of the points.

When traffic is heavy, it may be best to choose only one side of the road. When there aren't too many cars on the highway, it should not be too hard to spot licenses on cars coming and going. Older children may vary the game by guessing the make of the next car they'll see.

Counting games, too, can be fun while traveling. Each child selects a side of the road and they agree on what they'll count. They might count the number of churches they see as they pass through towns, grass waterways in the fields, different breeds of cattle or other farm animals, chicken houses, dairy farms or houses, with red roofs or television antennas.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 2, 1952

### Test Fabrics for Flammability

URBANA--Nylon is more resistant to burning than is cotton, rayon, silk or wool. But pigments, dyes, oil finishes and other materials present in nylon fabrics may make the fabric highly combustible.

Because of the many things affecting flammability, Florence King, clothing and textiles specialist, University of Illinois College of Agriculture, advises that you test any fabric for flammability when it's important in the use of the material.

Tests show that the natural flammability of clean, undyed, finish-free nylon, and nylon that has been dyed and finished with properly selected materials, is very low.

This nylon won't flash-burn, but it will melt at a temperature of 480° F. if a flame is applied. As soon as the flame is removed, the melt falls from the fabric and hardens, with little tendency for further flaming.

That's what is meant by flame-proof. When you see the words "flame proof" on fabric, it means that the fabric is resistant to spreading flame after coming into contact with fire.



# Private Notes

1. The first part of the book is devoted to a study of the history of the subject.

2. The second part is devoted to a study of the present state of the subject.

3. The third part is devoted to a study of the future of the subject. It is in this part that the author expresses his own views on the subject. He believes that the subject is still in its infancy and that there is much to be done in the way of research. He also believes that the subject is of great importance and that it should be given more attention than it has at present.

4. The fourth part is devoted to a study of the methods of research in the subject. He discusses the various methods that have been used and gives his own views on their relative merits.

5. The fifth part is devoted to a study of the results of research in the subject. He discusses the various results that have been obtained and gives his own views on their significance.

6. The sixth part is devoted to a study of the conclusions of research in the subject. He discusses the various conclusions that have been reached and gives his own views on their validity.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

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The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

### Best Buys This Week--Fresh Fruits and Vegetables.

URBANA--Best buys in the fresh fruit and vegetable market from June 30 to July 5--considering prices, qualities and supplies--will be green beans, cabbage, Texas onions, summer squash, beets, spinach and other greens.

If you don't have to watch your budget too closely, you'll be interested in tomatoes, cucumbers, red raspberries and black raspberries.

This information comes from Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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# 1944-1945

## 1944-1945

The first part of the year was spent in the United States, where I was working for the War Relocation Authority. I was in charge of the Japanese American Relocation Authority, which was responsible for the relocation of Japanese Americans from the West Coast to the interior of the United States.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

JULY

FOR RELEASE THURSDAY, ~~NOV~~ 3, 1952

### Water Spotting Changes Rayon Taffeta Texture

URBANA--There's not much you can do about water spots on rayon taffeta once they appear.

Florence King, University of Illinois College of Agriculture, says the fabric goes through a physical change when it comes into contact with water. Here's how it happens:

The warp yarns of acetate and regenerated types of rayon taffeta contain a gelatin-type sizing that gives taffeta its crispness. When the fabric becomes wet, the sizing dissolves. That leaves the warp yarns smaller than those that didn't get wet.

Dry cleaning won't take out the spots, but a cleaner can use a steam gun on the spots and make them less conspicuous. However, when light reflects on the spot, the difference in fabric texture will show.

Rayon taffetas with low yarn count are more likely to water spot than those of high count. You'll also find that yarn slippage increases with water spotting.

# MEMORANDUM

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 4, 1952

### Campers Want Lots of Mail

URBANA--Keep your child posted on happenings at home while he's visiting or away at camp. Letters from home assure him of his place there and help to keep his spirits high.

The quantity of mail a child gets is just as important as the quality, says Helen Marshall, child development specialist, University of Illinois College of Agriculture. When a child is away from home, he gains status in the eyes of others when he receives a lot of mail.

If camp lasts only several day, mail your first letter before your child leaves home. Otherwise, a letter might not reach him before camp is over. He will be pleased to have a letter in the first mail call, too.

For the child who will be camping for a longer time or for the first time, it's a good idea to write a letter a day until he makes friends and becomes accustomed to camp life.

Write about what's happening on his favorite radio program, what his friends are doing, how the community ball game turned out, and how his pets are doing. Those things often will mean a lot more to him than telling him how much you miss him.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 5, 1952

### Why Acetate Fabrics Fade or Streak

URBANA--If you've noticed that some of your clothing made from acetate fabrics fades or streaks, the trouble may come from the way you store it.

Edna Gray, clothing specialist, University of Illinois College of Agriculture, says many acetate fabrics have been treated to prevent fume fading of their colors. These finishes, however, are removed in the first dry-cleaning. So once your acetate clothes have been cleaned, you have to be careful where and how you store them.

When acetate is stored next to wool, colors may streak. Maybe you've noticed that after a short time the acetate lining in men's suits doesn't match the wool.

Miss Gray advises storing acetate garments in cotton storage bags instead of in paper or plastic ones. The reason is that paper and plastics react to acetate dyes in the same way as wool does.

Moth crystals cause color change in acetate fabrics, too.

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Why Acetate Fabrics Fade or Streak - 2

Washable acetate garments can be protected from fading by adding one teaspoon of sal soda to one pint of rinse water. This treatment is good for only one washing and has to be repeated after each washing.

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Take a Moment to Relax

URBANA--Do you take a few minutes out of a day to rest and relax? Try it, and see if you don't feel a lot better when your day's work is done.

How can you stop in the middle of a busy day to rest? Pauline Brimhall, health specialist, University of Illinois College of Agriculture, suggests that you sit down for a few minutes while you're baking or while the washer is running.

Here's how to get your body to relax: Tense your body muscles, then let them go limp. Think about relaxing, and soon it will come naturally.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 7, 1952

### Summertime Safety at Home

URBANA--Summer is a busy time in Illinois--and often a dangerous time for young children. When grownups are rushed, it's easy to overlook obvious accident hazards, and give children less supervision than usual.

Safety precautions for protecting children at this season are emphasized by health specialist Pauline Brimhall, University of Illinois College of Agriculture.

Sharp points and cutting edges are dangerous hazards for curious youngsters. Be sure you put yard and garden tools away promptly after you use them. Keep the yard and surroundings where children may wander free from broken glass, tin cans, broken tools and boards with protruding nails.

Keep insecticides, gasoline, poisonous cleaning materials, medicines and matches where children can't see or reach them.

Have a secure cover over every well and cistern. Watch carefully at chicken-picking time and on washday so children don't get scalds and burns from the hot water.

Some mothers use a portable, folding fence in the kitchen, to keep children away from the stove while they are canning.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 8, 1952

### 4-H Specialist to Study at Cornell

URBANA--Lucille Hieser, state home economics 4-H specialist, University of Illinois, will begin a year's leave of absence in September to do advanced graduate work at Cornell University, Ithaca, New York.

Miss Hieser is one of the country's eight agricultural extension workers to receive a Farm Foundation fellowship for the academic year 1952-53. The fellowships are given to stimulate further training in essential study courses rather than to earn degrees. While at Cornell, Miss Hieser's work will be in extension education, clothing and economics of the household.

Farm Foundation is a philanthropic organization established in 1933 and devoted to the general welfare of the farming population of the United States and the improvement of the conditions of rural life. The Foundation's original champion was Alexander Legge, who was president of International Harvester company and one-time chairman of the Federal Farm Board. The principal bequest in his will was the sum of \$500,000 to the foundation.

Miss Hieser is originally from Tazewell county. She was home adviser in Woodford and Greene counties before she joined the state 4-H staff four years ago. At present she supervises home economics 4-H work in 21 counties in southern Illinois. During the national emergency, she served in the United States Coast Guard Woman's Reserve (Spars) for three years.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 9, 1952

### Add Interest to Pictures With Matting

URBANA--4-H Club girls enrolled in the picture project, "Through the Eyes of the Artist," learn to select prints, frame them and hang them. How to mat a picture is one point that is emphasized.

Mary McKee, 4-H specialist, University of Illinois College of Agriculture, says these 4-H girls soon learn that almost every print looks better if it has a mat. A mat sets off a picture and gives it character and significance. It adds color, pattern and texture to the whole decorative scheme of the room.

You can use a mat to bring out the most interesting color in a picture. Select the mat carefully so that the color will go well with the room and furnishings.

Art cardboard is popular for matting, and it comes in a wide range of colors. Almost any kind of cloth also makes good matting--burlap, denim, plaid gingham, silk, velvet.

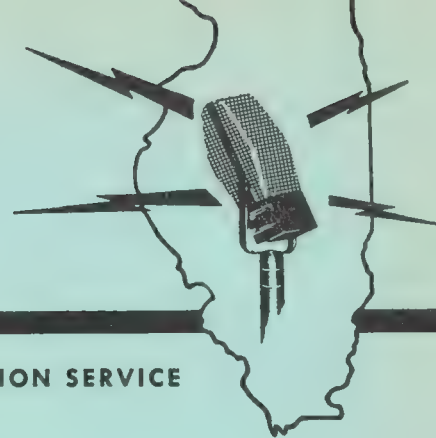
It isn't always necessary to use a solid color for picture mats. You can bring interesting patterns and color into a room with patterned wallpaper mattings. Of course, when you use a patterned mat, the picture you use should be a simple one--perhaps a silhouette or a line drawing.

Can't you picture how attractive a young girl's room would be with grouped pictures that have red and white gingham plaid matting--especially if the same material is used in a ruffle around her bed-spread or dressing table or at the window.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 10, 1952

### Refrigerators Need Care in Summer

URBANA--Refrigerators, like housewives, mind the heat. That's why Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture tells you to do two things now--defrost your refrigerator and dust the condenser regularly.

Ice on the freezing coils acts as an insulator and cuts down the efficiency of the whole refrigerator. When the coating is  $\frac{1}{2}$  inch thick, it's time to defrost.

Dust on the condenser keeps the air from circulating properly, and holds heat which should be escaping into the room. The attachment on your vacuum cleaner is the most efficient means of cleaning the condenser, but a stiff brush will do. Be sure to disconnect the refrigerator before you start this job. Check the instruction book which came with your refrigerator for location of the condenser.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY, 11, 1952

### Which Vinegar For Pickling?

URBANA--A pickle is only as good as the vinegar it's pickled in. Frances Cook, food specialist, University of Illinois College of Agriculture, reminds us that the old fashioned cider vinegar and the distilled white variety are the best for pickles.

Specialty vinegars, such as malt, tarragon and wine have a flavor of their own, and while they add a fine zest to a salad, they're not for pickling.

Most commercially processed vinegars are stabilized so they are always the same strength--usually 4 or 5 percent acidity (or 40 or 50 grain). If you're using an old recipe passed down from Grandma, remember many older recipes were based on a vinegar not quite this strong.

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7/7/52

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### Frozen Orange Juice Can Be As Good As Fresh

URBANA--Frozen, concentrated orange juice can be just as nutritious as fresh orange juice says foods specialist Geraldine Acker, University of Illinois College of Agriculture.

Scientific reports show that the loss of vitamin C is negligible when left-over juice is stored in the refrigerator at a temperature of 40 degrees Fahrenheit.

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AJR:mi  
7/7/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

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The program is designed as a shopping guide to homemakers and other who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in fresh fruit and vegetable market from July 7 to 12--considering prices, qualities and supplies--will be bunch beets, carrots, cabbage, large sweet onions, green beans, spinach and other greens. Watermelons will probably be a "Best buy" next week. Homemakers who expect to make currant or gooseberry jelly should do so soon.

If you don't have to watch your budget too closely, you'll be interested in tomatoes, cucumbers, sweet cherries and red and black raspberries.

This information comes from Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable- growing areas throughout the state.

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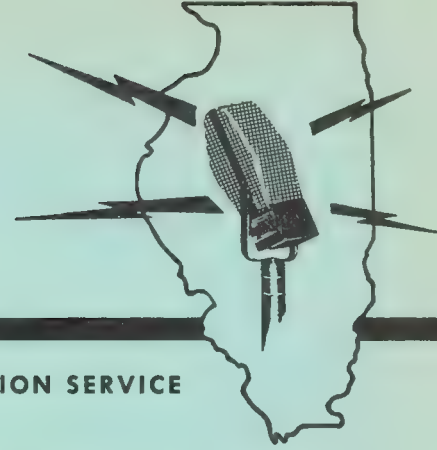
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 12, 1952

### Refrigerator Quickies Cut Cooking Time

URBANA A few "planned leftovers" in your refrigerator can take a lot of fuss and bother out of food preparation during these warm days.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests preparing more of some foods than you can use at one time. These can then be kept in the refrigerator until you need them.

For example, when you serve eggs in the shell for breakfast, hard cook a few extras, and use them later in salads or as garnishes. Since hard cooked eggs keep better in the shell, peel them just before using.

If you'll make up a variety of dessert sauces, they'll make quick and easy toppings to dress up ice creams. Or you might prepare an extra large amount of cornstarch pudding--some plain, chocolate or coconut. Serve the pudding with such things as fruit sauces, whipped cream or nuts. Then it won't seem as if you're serving the same dessert each time.

-more-





Refrigerator Quickies Cut Cooking Time - 2

A short cut for cool summer drinks--have ready made sirups such as a lemon, mint or spiced sirups on hand to mix with fruit juices. Or keep concentrated fruit sirups in the refrigerator and dilute them just before serving.

Most cookies are better when they're freshly baked. Keep rolls of cookie dough chilled and when you want cookies, slice off the amount you'll need and bake.

A variety of sandwich fillings stored in the refrigerator makes a good part of a porch supper when combined with assorted breads, lettuce and tomatoes.

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EBH:mi  
7/9/52

Stewing Hens Plentiful

URBANA--Why not take advantage of the low price on stewing hens? Use hens for such tempting dishes as fricasseed chicken, chicken pot pie or chicken and dumplings.

According to the U. S. Department of Agriculture, about 51 million pounds of hens went into cold storage in June. That's more than twice as many as at the same time last year--and it's the reason for a large supply of stewing hens at reasonable prices.

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EBH:mi  
7/9/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 14, 1952

### Vitamin C Helps Prevent Browning in Frozen Peaches

URBANA--Keep peaches from turning dark by adding ascorbic acid (vitamin C) to the sirup used for freezing. You can buy ascorbic acid tablets or crystals at your drug store.

Dr. Frances Van Duyne, foods research specialist, University of Illinois, tells how to use the ascorbic acid.

She says to dissolve three 50 milligram tablets in the amount of sugar sirup needed for a pint carton of fruit (about one cup of sirup). Or, to use the crystals, add one-fourth teaspoon to four cups of sugar sirup. It's better not to hold the solutions over for a second day, but mix as needed.

Commercial preparations for preventing discoloration are widely distributed, and sell under various trade names. Be sure to use them according to the manufacturer's directions.

The best procedure in freezing peaches is to peel the peaches and slice them directly into a carton that contains sirup. When you use this technique, the slices are not exposed to air for long, and so are less apt to discolor.

Public Health is a branch of medicine that deals with the prevention of disease, promotion of health, and the study of the distribution and determinants of health and disease in a community.

The Public Health approach is based on the following principles:

## The Public Health Approach

The Public Health approach is based on the following principles: 1. The health of the community is the primary concern. 2. The health of the community is the responsibility of the community as a whole. 3. The health of the community is the responsibility of the government.

4. The health of the community is the responsibility of the individual.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 15, 1952

### Cooking Thermometers Prevent Food Waste

URBANA--Cooking thermometers can prevent unnecessary food waste, save time and make the difference between good and poor products. Food thermometers are available for deep fat frying, meat roasting and candy making. An oven thermometer will help you regulate the oven to the correct temperature.

Geraldine Acker, foods specialist, University of Illinois College of Agriculture, says it is real economy to use a meat thermometer when roasting meat. The thermometer measures the temperature inside the piece of meat and indicates whether it is cooked to the rare, medium or well-done stage. More servings of meat can be cut from a roast that is cooked at the right temperature.

With a deep-fat thermometer, you can be sure the right temperature is held during the deep fat frying process. Then it will be easy to deep-fry foods to a golden brown. And you'll save fat, because fat deteriorates when the cooking temperature gets too high.

You can take the guesswork out of candy and frosting making if you'll use a candy thermometer. Then there will be no question in your mind when sirups reach the soft ball or hard ball stage.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 16, 1952

### Freeze Melons for Taste of July in January

URBANA--"You can have a taste of July in January this year," suggests Dr. Frances O. Van Duyne, foods research specialist, University of Illinois, "if you freeze some of the cantaloupes and watermelons now at peak production."

Dr. Van Duyne, who has experimented with this type of preservation, reports excellent results. Both flavor and color are good in the frozen product, although some of the crisp texture of the melon is lost. This may be partly overcome, however, by serving it before it is completely thawed--while it still contains a few ice crystals.

Both cantaloupe and watermelon are frozen in the same way. Select top-quality fruit that is firm, ripe and full flavored. (Freezing does not improve quality.) Remove seeds and rind, and cut into cubes or balls. Pack in moisture-vapor-proof containers and cover with 30 percent sirup (1 cup sugar to 2 cups water--dissolved and cooled). Leave headspace for expansion during freezing. Seal and freeze.

You will find this delicious for fruit cocktail, served alone or mixed with other fruits, and it will also add variety to winter breakfast menus.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from prominent growers and others closely related to production and marketing in Illinois.

The program is designed as a shopping guide to homemakers and other who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in fresh fruit and vegetable market from July 14 to 19--considering prices, qualities and supplies--will be cabbage, green beans, dry onions, head lettuce, bunch beets, spinach, cantaloupe and watermelons.

If you don't have to watch your budget too closely, you'll be interested in tomatoes, cucumbers, California grapes and yellow Transparent apples.

A bumper crop of apricots will be on the markets during the next few weeks.

This information comes from Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable- growing areas throughout the state.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 17, 1952

### Check on What You Spend and Save

URBANA--Money is not the most important thing in life, but the way we use it can affect our future happiness.

Careful choice-making is one of the first steps in money management, says Mrs. Ruth C. Freeman, home economics department, University of Illinois. Thrifty families spend their money so they'll be able to meet both everyday and future wants and also have a reasonable amount for pleasure.

Thrift is not natural--it must be learned just like any other habit. We learn to save money for something that is important to us by not wasting it on things we really don't need or want very much. To obtain the things they need and want now and in the future, families have to decide what investments and expenditures they will make.

A tool that can help in making a family money management plan is an account book. Records that are kept will serve as a check on the plan and help in making out income tax forms, too.

Even though half of 1952 has passed, why not start a record now and see how easily it can be done? Then you'll be better prepared to plan and keep a record in 1953.

Ask your county home adviser for a family account book, or write to the University of Illinois College of Agriculture, Urbana, Illinois, for a copy. There's a 25-cent charge to cover the cost of printing.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 18, 1952

### Rabies, a Twentieth Century Killer

URBANA--"Mad dog!"--the cry that struck terror in the streets of the Middle Ages--still echoes in this century. Every year the dread disease, rabies, causes terror and death.

The tragedy of these continued attacks of rabies is that medical science has now provided the tools to eliminate this killer. An aroused public is all that is needed to make rabies as rare as smallpox and other scourges which have been conquered by science. Prevention is possible, cure is not. Once the disease has developed, it is fatal.

Control must begin at the source of infection. Since dogs give the disease to humans in 85 to 90 percent of the cases, widespread vaccination of all dogs is the first step. Pauline Brimhall, health specialist, University of Illinois College of Agriculture, emphasizes voluntary community control as the most effective means to reduce the hazard. Town and city laws making immunization against rabies compulsory for all dogs would soon eliminate the disease entirely. The time to inoculate is before--not after--a rabies outbreak.

Children are the most frequent victims of rabies. A pet dog that has not been vaccinated for rabies is a real threat to the lives of members of your family and the whole community.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 19, 1952

### "Frozen Jam"

URBANA--"Something new under the sun" is uncooked jam.

Those who've made it say it has a color and flavor one never gets in boiled jam.

Since the jam is not sterilized by cooking, it must be kept cold--it can't be kept on the pantry shelf. It'll hold its freshness several weeks when stored in the refrigerator, and it can be kept much longer in the freezer.

If you like to try new things, why not try your hand at making uncooked blackberry jam? Geraldine Acker, foods specialist, University of Illinois, cautions that you use peak-of-the-season berries (not mushy, over-ripe or green ones) for best flavor, color and set. Save about one-fourth of the berries slightly under-ripe, though, just as you usually do in making jelly. The under-ripe berries are a good source of pectin.

Use three and one-half cups blackberry puree (obtained by putting berries through food mill), five and one-half cups sugar and one-half cup ( $\frac{1}{2}$  bottle) liquid pectin. Combine the fruit and sugar

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and the other side of the mountain.

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## Frozen Jam - 2

and let stand about twenty minutes, stirring occasionally. Then add the fruit-sugar mixture to the liquid pectin and stir about two minutes.

Pour into jelly glasses or freezer containers, cover and let stand at room temperature for 24 hours or until jellied. Seal with paraffin and store in freezer or refrigerator.

Note: One box of powdered pectin can be substituted for the liquid type. Combine it with one cup water, bring to a boil and boil rapidly for one minute, stirring constantly. Be sure to keep it at a full rolling boil throughout the one-minute period.

This method of making jam can be used for other fruits, such as red raspberry, strawberry and cherry, but the proportions will vary for the different fruits.

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AJR:mi  
7/16/52

## Opened Tin Cans Don't Poison Food

URBANA--"It is just as safe to keep canned food in the can it comes in--if the can is cool and covered--as it is to empty the food into another container," says the United States Department of Agriculture. Use small bowl covers, aluminum foil or waxed paper as coverings for cans.

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AJR:mi  
7/16/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 21, 1952

### Safety Measures Outdoors Insure Summer Fun

UREANA--When pleasant summer weather lures the family outdoors, and more and more hours are spent in the yard, it's a good idea to check the outside living area for threats to health and safety.

An upturned garden rake has been the subject of many humorous cartoons, but it also has been the cause of a lot of nasty falls. Small hand weeders of the claw variety are other villains in the safety scene. Convenient hooks to hang garden tools, and insistence that they be used, help to insure outdoor hours that are really carefree.

"Watch out, too, for wires and low fences used to protect garden beds," warns Ruth Crawford Freeman, chairman of the Illinois Home Safety committee, University of Illinois. "And make plant supporting stakes high enough to be seen." White or fluorescent paint on the low fences, or even a few bits of white cloth tied here and there, will warn of danger when dusk begins."

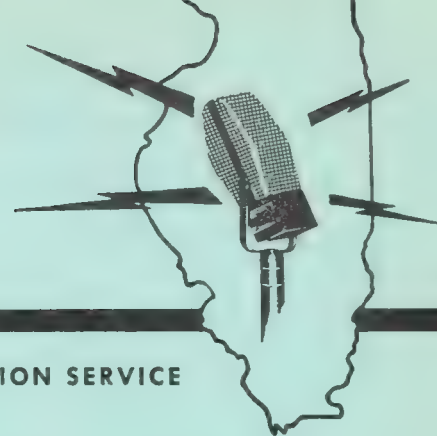
Now is the time to watch out for poisonous plants too. If you have to clean them out, remember that gloves won't protect your arms and legs. So cover the entire body surface before tackling these offenders.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 22, 1952

### Music Is Fun

URBANA--"You do not need to be a connoisseur of music to have the joy and fun of music in your home," says Mrs. Millicent Martin, child development specialist, University of Illinois. Even though you "can't carry a tune in a basket," be sure to include some musical experience in the daily routine of your family life.

Rhythmic sound is often one of the first things a baby enjoys--and this pleasure should grow with him, because music provides a wonderful, wholesome emotional outlet.

We need to recognize music in the things around us--in people walking or running, in the pounding of a hammer, the tapping of a woodpecker, the sound of raindrops.

It isn't necessary to set aside a special time for a music session, but you may, if your family enjoys it that way. Musical expression should be spontaneous--for example, parents humming or whistling as they work, or keeping time to the radio or record player. A child senses these emotional tones expressed through music, whether he realizes it or not.

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A child should be encouraged to experiment with sounds and rhythms, such as imitating trains and whistles, bird calls and songs he hears and likes to sing as he swings or see-saws. In that way he will discover his own voice range and ability to mimic. Later he will make up songs and rhythms of his own.

Most children like to listen to recorded music, and often they enjoy classic recordings as well as the so-called children's records.

But remember that the span of attention of your young child is short. Never make him sit still and listen. Instead, make music a joyous background for many of his childhood interests.

EJ:ml  
7/18/52

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#### Home Canners Ask "How Many Quarts From a Bushel?"

URBANA--How many quarts of canned food do you get from a bushel of fresh vegetables or fruits? This question is puzzling a lot of homemakers, now that the canning season is in full swing. For instance, did you know that a bushel of snap beans will give you 16 to 20 quarts and a bushel of peaches 18 to 20?

When you know how much to expect, it will help you plan and prepare the right number of jars too.

A simple guide that tells the canned yield of 19 fruits and vegetables will be a good addition to your canning equipment. It is available from the University of Illinois College of Agriculture, Urbana, and a note or card will bring a copy your way. Ask for "Home Canning Arithmetic."

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EJ:ml  
7/18/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 23, 1952

### 4-H Club Members Are Busy

URBANA--4-H Club programs are well under way, with thousands of members enrolled this summer in Illinois. Besides their regular project work, they are taking part in special activities that give variety and new experience.

In one county, Piatt, we hear about a wide range of field trips. A large number of girls and boys attended Open House on the University of Illinois campus in June. A clothing club visited department stores to study patterns and materials at the start of their project. Another group toured a bakery during their cake and cookie project.

As a community service, several clubs are making regular visits to convalescent homes to take gifts and to furnish entertainment. On Rural Life Sunday, 4-H groups took part in local church services--they helped with music, scripture reading, ushering and special numbers. One club sends packages of food to a family in North Wales, Britain.

A great deal of credit is due the adult leaders who give their time and energies to make 4-H Club work possible. Every club has an adult leader. And ever so often members show heartwarming appreciation for this leadership--like the recent bride, starting a home of her own, who wrote to thank her former leader for the training she'd received in 4-H Club work.



*Journal of Management Education* 26(7) 809-824

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1. The first step in the process of the investigation is to identify the problem. This is done by the investigator who is responsible for the investigation. The investigator will then gather information about the problem and the people involved. This information will be used to determine the cause of the problem and to develop a plan to solve it. The investigator will then implement the plan and monitor the results. If the problem is not solved, the investigator will go back to the beginning and start over.

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Only the stated items are to be used in the report. No other items are to be included. The report should be prepared in the form of a memorandum and should be submitted to the Director of the Bureau of the Census, Washington, D. C., for review and approval. The report should be prepared in the form of a memorandum and should be submitted to the Director of the Bureau of the Census, Washington, D. C., for review and approval. The report should be prepared in the form of a memorandum and should be submitted to the Director of the Bureau of the Census, Washington, D. C., for review and approval.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Your best buys in fresh fruits and vegetables for the week of July 21 to 26--considering prices, supplies and qualities--will be Iceberg lettuce, carrots, onions, sweet corn, eggplant and watermelons. Watch the sweet corn for corn ear worms, warns Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture.

Somers bases his information on special reports from fruit- and vegetable-growing areas throughout the state. In his summary of best buys, he also says that if you don't have to watch your budget too closely you'll be interested this week in cantaloupes, good-quality tomatoes and peaches. Apricots from Washington and Oregon are very good in quality but high in price.

The reasons for our limited local supply of early tomatoes and early sweet corn are easily understood, says Somers. In some regions of the state there has been a lot of blossom end rot among the tomatoes. And most of the early sweet corn in the East St. Louis region was a total from to a combination of drought and worms.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 24, 1952

### Peaches Frozen With Sirup Are Best

URBANA--You will have better results in freezing peaches if you use a sugar sirup rather than dry sugar pack, advises Dr. Frances VanDuyne foods research specialist, University of Illinois.

Experiments show that a 50 to 60 percent sugar concentrate best preserves texture, shape, color and flavor. Dissolve one cup of sugar in four-fifths cup water for the 50 percent sirup, and one cup of sugar in one-half cup water for the 60 percent. Stir or heat the sirup to dissolve the sugar, but be sure it is cold before you add the peaches.

Ascorbic acid (either tablets or crystals) may be used to help prevent browning. Use three 50-milligram tablets for one cup of sirup, or one-fourth teaspoon of crystals to four cups of sirup. Dissolve tablets or crystals in cold sirup.

For best results, peel peaches without dipping in boiling water. Halve or slice the fruit directly into a carton that contains sirup, press it down and cover completely with sirup. Leave space at the top for expansion during freezing--one-half inch in pint cartons and one inch in quarts. Seal at once and freeze.



# Radio News

Published weekly by the Radio News Company, Inc.

Vol. 1, No. 1, January 1935

## THE RADIO NEWS

The Radio News is a weekly publication devoted to the news of the radio industry. It is published by the Radio News Company, Inc., and is distributed to all members of the National Association of Broadcasters. The publication is published in English and is available to all members of the association. It is a valuable source of information for all those interested in the radio industry.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 25, 1952

### Protein for Breakfast Helps Keep You Peppy

URBANA--"You'll avoid that 'all-gone feeling' in the middle of the morning if you include a lot of protein in your breakfast menu," says Dr. Marian Tolbert, nutrition expert, University of Illinois.

In addition to eggs, milk and meat, whole-grain cereal is a good source of protein. With these choices your menus can have variety and still be nutritionally sufficient.

Recent research shows that persons who eat low-protein breakfasts feel tired and let down in about two and a half hours, while those who have a high-protein meal feel no lag before lunchtime.

### A Length of Rope Is a Threat to Safety

URBANA--If part of Junior's standard equipment is a length of coiled rope tucked into the belt of his cowboy suit, you should take time to warn him that this weapon is really dangerous advises Mrs. Ruth C. Freeman, chairman of the Illinois Safe Homes committee, University of Illinois.

Accidents caused by careless use of rope have increased, and the popularity of cowboy games is sometimes to blame.

Teach your youngster a few simple safety rules: never to tie the rope around his own neck or anyone else's--not to tie it across a doorway or path--not to hang by it from trees--not to wrap it around arms, legs or waist. Stressing these points may save a life.

1. The first part of the report is a summary of the work done during the year.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 26, 1952

### A Sharp Knife Will Save Your Temper

URBANA--"This knife won't cut butter," is a common complaint in many households. Time, temper and energy are saved when cutting tools are kept sharp. Food will look more attractive if your knives are in good condition, and there will be less waste.

Catherine M. Sullivan, home management specialist, University of Illinois, says that with a few simple rules and a little practice anyone can become proficient at knife sharpening.

You need only two tools--a sharpening stone (preferably one made of carborundum) which has two surfaces, one coarse and one fine, and a steel. The steel is the third piece in most carving sets. A two-sided stone is best because the coarse side cuts more rapidly and saves time. Use it first, and then use the fine side to produce a keen edge. The steel is usually considered a tool for keeping a sharp knife sharp.

Here are a few simple rules to follow: Never use the stone dry. Oil it with a few drops of a light oil, or immerse it in water until it stops bubbling. Keep the stone oiled or wet throughout the

-more-





A Sharp Knife Will Save Your Temper - 2

sharpening process. Putting it on a damp cloth will keep it from slipping, or you can build a permanent rack for your stone.

Now place the heel of the knife at the lower left-hand corner of the stone, with the cutting edge away from you. Then, with the handle in the right hand, hold the fingers of the left hand on top of the blade to guide it and exert a slight pressure. Push the knife across the stone to the lower right-hand corner with an arc motion. Repeat several times. Turn the knife over and, starting at the lower right-hand corner of the stone, bring the knife across the stone in the same manner. Remember that the arc motion is the trick. Repeat the process, using the fine side of the stone.

The angle at which you hold the knife against the stone will determine the width of the cutting edge. Never work with the blade flat on the stone.

To give the knife a few finishing strokes on the steel, hold the steel parallel to the floor in the left hand, being careful to keep the thumb against the guard to minimize danger. With the knife in the right hand and the heel of the blade held against the tip of the steel, move the blade along the steel from right to left, forming an arc. Draw the blade first against one side of the steel and then the other.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 28, 1952

### For Protein Foods Turn to Poultry, Fish, Dairy Products

URBANA-- There's no red meat on the list of plentiful protein foods for August, but poultry is there--both turkey and stewing hens. Cold storage stocks of both are large, according to reports from the U.S. Department of Agriculture.

Stored supplies of stewing hens are about double those of a year ago, with more coming to market from midwest farm flocks. Turkey stocks at the beginning of July were about 18 million pounds heavier than a year ago. That's with a record production of new crop turkeys in the offing and supplies of small broiler-fryer turkeys larger than in any past year.

Fresh and frozen fish will continue in good supply in August. And in dairy foods there's plenty of Cheddar and cottage cheese--both rich in protein and reasonably priced now.

If the day is hot and you don't want to spend too long a time in the kitchen, why not make a cottage cheese and fruit salad a luncheon special? Combine it with some of the many fruits that are plentiful now, and serve it on plentiful greens with your favorite salad dressing. It's a hot day feature that is sure to please--and easy to prepare.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 29, 1952

### Canning Compounds Have No Value; May be Harmful

URBANA--WARNING: "Canning powders" and other chemical preservatives should have no spot at all in your home canning program. Some of the compounds recommended to homemakers have been found to be definitely injurious to health.

Sterilization by heat is more certain and much safer than using a preservative, according to foods specialists at the University of Illinois.

You don't have to worry about canned food keeping if you subject the food and containers to high enough heat for a long enough time to destroy the microorganisms that cause spoilage, and if you seal the container so that other organisms can't enter.

The practice of adding a small amount of vinegar or lemon juice to nonacid foods is no longer recommended. At one time the acid was thought to make nonacid foods easier to sterilize, and homemakers used shorter processing times and lower temperatures. We now know this is a dangerous practice, and one not worth the risk.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 30, 1952

### Water Spots on Shantung Dresses

URBANA--Many women who bought shantung suits and dresses, so smart in the summer fashion picture, have been disappointed to find that the fabric water spots. "The reason," says Edna Gray, clothing specialist, University of Illinois, "is that water removes part of the finish on some shantung."

Dry cleaners say that often they cannot seem to equalize the finish after it becomes spotted.

Shantung may be washed, but the fabric sometimes loses its crispness because water has removed some of the finish.

Therefore, if your shantung garment gets spotted, Miss Gray advises you to do nothing about it yourself. Take it to a reliable dry cleaner; if he cannot remove the spot, you are entitled to take the matter up with the merchant from whom you made the purchase.

EJ:mi  
7/25/52

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### Laundry Hint for the Men

For men who wash their own nylon or Orlon shirts, here's a hint on how to get out that soiled line where collar and cuffs fold. It comes from Edna Gray, clothing specialist, University of Illinois.

Wet the garment and rub a bit of your wife's soapless liquid shampoo along the dirty line. Wash with soapy water--rinse well and hang to drip dry.

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EJ:mi  
7/25/52

# Richard Wright

1908-1960

Black Power

Black Power

Black Power is a term that has been used in many different ways. It can refer to the power of black people to control their own destiny, or it can refer to the power of black people to control the lives of other people. In this essay, I will explore the different meanings of Black Power and how they have changed over time.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Best Buys This Week--Fresh Fruits & Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from July 28 to August 2--considering prices, qualities and supplies--are cabbage, bunch beans, carrots, lettuce, summer squash, onions and watermelons.

You'll find generally poor quality among tomatoes and sweet corn, says Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Somers says growers are not responsible for the poor quality--weather conditions have favored diseases and insects to such extent that the grower can't handle them.

If you don't have to watch your budget too closely, you'll be interested in apricots, cantaloupes, peaches and summer apples.

Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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AJR:ml  
7/28/52

# THE UNIVERSITY OF CHICAGO

## DEPARTMENT OF CHEMISTRY

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 31, 1952

### Margarine is High in Vitamin A

URBANA--Pound for pound, fortified margarine is just as nutritious as butter and is a dependable source of vitamin A. This is the word from a University of Illinois food specialist, Anne Fluhr. Because the quantity of vitamin A in margarine is scientifically controlled, it is the same the year round. Most margarines contain a minimum of 15,000 USP units per pound.

The chief difference between margarine and butter is that margarine is made principally of domestic vegetable fats, while butter is made from cream. Both contain not less than 80 percent fat by weight, assuring the consumer of approximately 3,250 calories per pound.

The coloring in margarine is certified by the Pure Food and Drug administration and is the same as that used by other food processors.

Because of the comparatively low cost and nutritive value of margarine, homemakers are making it a stable part of the American diet.



# Public Works

Department of Public Works

Office of the Engineer

1900

THE ENGINEER'S REPORT ON THE PROGRESS OF THE PUBLIC WORKS DURING THE YEAR 1900

REPORT OF THE ENGINEER

THE ENGINEER'S REPORT ON THE PROGRESS OF THE PUBLIC WORKS DURING THE YEAR 1900. The report is divided into two parts, the first part dealing with the work done during the year, and the second part dealing with the work to be done in the future. The first part is divided into three sections, the first section dealing with the work done during the year, the second section dealing with the work to be done in the future, and the third section dealing with the work to be done in the future.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 1, 1952

### Use Cold Jelly-Making Method on Hot Days

URBANA--You needn't stand over a hot stove to produce a nice batch of jelly if you use the cold or below-boiling method, says Mrs. Pearl Janssen, foods specialist, University of Illinois. Moreover this method retains much of the fresh fruit flavor.

There are two things to remember in using the cold method, cautions Mrs. Janssen: Be sure the fruit juice is fresh (use it as soon as it is extracted), and use fruits that are high in acid and pectin. You may also can the fresh juice and make the jelly as needed.

The cold method calls for one and one half cups of sugar to one cup of fresh or canned juice. Heat the juice--add the sugar and stir until completely dissolved. (Don't boil the juice--it needs to be just hot enough to dissolve the sugar.) Pour into sterilized jelly glasses, cover with paraffin immediately and let stand until jellied. Store in a cool, dry place.

Grape and blackberry juices are good for this jelly-making method. Raspberry and apple juice makes a tasty combination.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 2, 1952

### Different Greens and Dressings Vary Summer Salads

URBANA--August will be hot too, says the US weather department from Washington, D.C., so here are a few cool salad ideas to tempt the jaded summer appetite. They come from Anne Fluhr, foods specialist, University of Illinois.

Different greens and different dressings will give a lift to many salad standbys. Try using spinach, endive, watercress, parsley, green leafy lettuce, broccoli and Chinese cabbage instead of iceberg lettuce. These greens are rich in vitamin A and add novelty in taste and texture.

For variety in dressings, add celery seed, chopped ripe or green olives, bits of cheese or chopped mint to mayonnaise or French dressing.

Cottage cheese is a good source of protein and can be combined in many tempting dressings. Thin the cheese with a little milk and add chopped onion, parsley and a dash of cayenne. Cottage cheese combines well with Roquefort or blue cheese and with the sharp and smoky cheese spreads--beat together with a small amount of mayonnaise. Horseradish and a few drops of Worcestershire sauce mixed with cottage cheese is a tangy dressing for vegetable salad. Thin with milk if the mixture seems too thick.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 4, 1952

### Make Insulated Box to Take Food to Locker Plant

URBANA--If you take packages of food to a locker plant for freezing, you'll need an insulated carrying box. Ideas for making such a box are given by the United States Department of Agriculture.

You can use heavy cardboard cartons--two sizes, so that one fits inside the other. Fill the space between the cartons with shredded paper or excelsior for insulation. Nail wooden strips to the bottom and sides of outer carton to strengthen and hold it off the floor. For the lid, use strips of gummed paper to hold together several layers of corrugated paper.

Instead of making your carrier from cartons, you may wish to use two wooden boxes, or two tin cans, or any other containers you have on hand that will provide three to four inches of space for insulation.

Freeze foods as soon as possible after they are packed. Keep packages cold in the refrigerator, and transfer to the insulated carrier for a quick trip to the locker plant.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY AUGUST 5, 1952

### 1952 Illinois Peach Crop High in Quantity and Quality

URBANA--Indications are that Illinois peach growers' million bushel crop should find a ready market this year.

W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture, as just returned from a tour of the peach growing areas of the state. He reports that orchards in general are in fine condition. There is very little brown rot, and insect injury in most instances is being well controlled.

Another point in favor of the Illinois grower's market is the reduction of the bumper crop predicted earlier. Unseasonal dry weather had reduced the yield in all midwestern and southern states by about one-third, and fewer peaches will be coming into Illinois from nearby areas.

While the dry weather had taken its toll in Illinois, the state has not experienced so great a crop reduction as the other states, and both the quantity and the quality of the peaches are above those of the past several years.

Consumers will benefit too from the fine crop of Illinois peaches. They should find quality peaches for eating and preserving

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1952 Illinois Peach Crop High in Quantity and Quality - 2

in their local markets, and prices should be somewhat more attractive than last year, when the crop was short.

The major problem from the home-use standpoint is selection at market. Maturity is important to the flavor, texture and appearance of the fruit. Indications are that enough market suppliers in the state are considering maturity factors--such as swell of the peach and ground color--to provide top quality.

It should be remembered that red color of peaches is not an important factor from a use standpoint. On the other hand, green peaches can not be ripened properly. They will only shrivel.

Best table quality can be obtained by selecting fruit that has a white or yellow color at the bottom or blossom end and that is plump-cheeked in relation to size. The ripeness and flavor of peaches having these characteristics can be held or even improved under normal home storage conditions--50°-55°F.

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8/1/52

Use Brush to Clean Toaster

URBANA--Shaking a toaster loosens wires and often damages them. Try removing crumbs with a long-handled soft brush; your toaster will last longer, says home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

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8/1/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

(Note to Editor: This is the first of a series of four articles to aid buyers in the selection of furs. Furs are to be lower in price this fall than they have been for many years, and merchants expect an increase in business.)

FOR RELEASE WEDNESDAY, AUGUST 6, 1952

### Fur Labeling Law a Boon to Buyers

URBANA--A rabbit will be just a rabbit from now on so far as milady's coat is concerned. Coney, lapin, beaverette and Baltic lion will soon be as extinct as high button shoes, because effective August 9 an act of Congress will bar the description of furs by any name except the English name of the creature from which it comes.

The bill is rigid and specific, and fur dealers who fail to conform will have to answer to the Federal Trade Commission. The rule applies to the label on the coat, the invoice and advertising concerning it. Not only must the name be correct, but the label must state whether the fur is new or reused; whether it has been bleached, dyed, blended or artificially colored; and whether the garment is made of the backs, bellies, paws, tails or waste. It must also name the country the fur comes from.

A few names may appear on the market because the bill provides that, if there is no English name for the fur, one is to be supplied by a committee and listed in the "Fur Products Name Guide."

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Fur Labeling Law a Boon to Buyers - 2

The labeling is a boon to those who are planning to take advantage of the season's lower prices and purchase a fur coat this year. Reputable fur dealers are glad to answer questions and explain terms.

"Read the label before you buy," urges Edna Gray, clothing specialist, University of Illinois. "The facts are there in plain language, and it's up to you to make sure you're getting your money's worth.

EJ:mi  
8/1/52

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Eye Appeal for Ice Cubes

URBANA--Ice cubes can add glamour and taste as well as cooling qualities to summer drinks, says Anne Fluhr, food specialist, University of Illinois. For added flavor, try freezing coffee and tea in cubes to keep from diluting these beverages when iced. Cranberry, grape, and loganberry juice frozen in cubes add color and flavor to cold drinks. Colorful packaged drink mixes, dissolved in water and frozen, make tasty and gay looking ice cubes.

For eye appeal, freeze bits of fruit, cherries, mint sprigs or lemon or orange peel in clear ice cubes. Fast freezing will make the cubes more crystal clear.

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EJ:mi  
8/1/52

The American people have been the victims of a long and cruel oppression. They have been treated as slaves, and their rights have been trampled upon. They have been denied the right to vote, and their property has been seized without compensation. They have been subjected to the most brutal and inhuman treatment, and their lives have been sacrificed for the sake of a few greedy men.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in fresh fruit and vegetables this week--August 4 to 9--considering prices, quality and supply, will be green beans, lettuce, dry onions, carrots, beets, watermelons, Indiana muskmelons and sweet corn. Tomatoes still vary a great deal in quality.

If you don't have to watch your budget too closely, you'll be interested in peaches, apricots, Bartlett pears and California grapes.

This information comes from Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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8/4/52

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 7, 1952

### Supply Books for Children's Interests, Needs

URBANA--The books your child reads should do more than amuse and entertain him. They should develop his character--his views on life, his moral and ethical standards; they should broaden his world, develop his sympathy and his understanding of people and things.

To be worth buying, a book must have more than passing interest. It must appeal to the child over a period of time, being enjoyable when read aloud, listened to, looked at or read to himself over and over.

Parents can be genuinely interested and want to furnish the right books at the right time, but not know how to go about it. Libraries and children's organizations recognize this need for help and have prepared lists to assist parents in their choice.

One such list, "Books for the Whole Family," has been prepared by Viola James, extension instructor, University of Illinois Library School. Miss James revises the list each year. Every home with growing children will benefit by having it for reference. You may secure your copy by writing to Home Economics Extension, University of Illinois, Urbana.

# Radio News

Published by the Radio News Company, Inc.

NEW YORK, N. Y., August 7, 1935

THE RADIO NEWS COMPANY, INC.

DEAR MR. [Name]: Your book "The Radio News" is a very interesting and useful book. It is a book that every radio newsman should have on his shelf. It is a book that is full of information and is very easy to read. It is a book that is full of information and is very easy to read. It is a book that is full of information and is very easy to read.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 8, 1952

### Home Repair Know-How Easy to Learn

URBANA--With labor costs high, many of us venture into painting, papering and carpentering jobs that were formerly considered only for experts. A little know-how about the job we hope to tackle would save a lot of trouble.

"It may cost you less to do the job yourself, but there's no real economy unless you are well satisfied when it is finished," reminds Catherine M. Sullivan, home management specialist, University of Illinois.

Here are three good rules that will help you avoid costly disappointments: Find out about the job before you start, be thorough in preparation and use the best possible equipment.

There are many good sources of information for home repair and remodeling. Perhaps covering the widest range is the Government Printing Office in Washington, D. C., which lists home helps under "Publications of Interest to Suburbanites and Home Owners." The leaflets range in price from five to 50 cents.

Most libraries will have "How to Do" books. Commercial companies that manufacture and sell paint, wallpaper, tiles and other commodities for household repairs distribute books of instructions on how to use their products.



# Public Works

and various other public works

1900-1901

The Public Works Commission, created in 1899, was the first of its kind in the United States. It was a federal agency that was responsible for the construction and maintenance of public works, such as bridges, roads, and canals. The commission was headed by a chairman and consisted of several members who were appointed by the President.

The commission's first major project was the construction of the Panama Canal. This project was one of the most ambitious and expensive in the history of the United States. It involved the excavation of a canal through the Isthmus of Panama, which would allow ships to travel between the Atlantic and Pacific Oceans without having to go around South America.

There are many other public works projects that have been completed in the United States. Some of these include the construction of the Hoover Dam, the Golden Gate Bridge, and the Lincoln Tunnel. These projects have all played a significant role in the development of the United States and have helped to improve the lives of many people.

Public works projects are an important part of the infrastructure of a country. They provide the basic services that are needed for a society to function, such as transportation, communication, and utilities. Without public works, a country would be unable to support a large population or to engage in international trade. Therefore, it is essential for a government to invest in public works and to ensure that they are properly maintained.

Public works projects are also an important part of the economy. They create jobs and provide a source of income for many people. In addition, they can help to stimulate economic growth and development. For example, the construction of a new bridge can create jobs for construction workers and can help to improve the flow of traffic, which can lead to increased business and economic activity.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 9, 1952

### Thirst Quenchers Can Be Nutritious

URBANA--When it's too hot to eat, cool drinks can be a good source of essential nutrients, and be refreshing as well. Fruit juices are important to summer health and are the base for many tasty beat-the-heat beverages.

Anne Fluhr, food specialist, University of Illinois, offers these cool drink suggestions: Frozen tangerine, lemon and orange juice blend happily--especially when you add a scoop of mint ice cream. Combine a can each of frozen grape and grapefruit juice, a cup of water and a quart of gingerale. Float a few melon balls in chilled pineapple juice and add a sprig of mint for zest. Try a scoop of lime sherbet in grapefruit juice. Raspberry sherbet in yummyp in pineapple juice. Loganberry juice and apricot nectar improve with the addition of lemon juice.

If you like your drinks with bubbles, you can substitute carbonated water for the liquid in diluting frozen fruit juices. Try it instead of plain water in lemonade too.

For a party touch, frost the rim of the glasses by wetting the edge and twirling it in a saucer of sugar. Store in the refrigerator for a half hour or longer.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

(Note to Editor: This is the second in a series of four articles to help buyers select furs. Furs are less expensive this year and merchants expect an increase in business.)

FOR RELEASE MONDAY, AUGUST 11, 1952

### Fur Buyer Should Understand Labeling Terms

URBANA--Blended--dyed--glazed--let out--waste--Do you know what these terms mean? You had better find out if you plan to buy a fur coat this year. The Federal Government has passed a new law, effective August 9, that compels dealers to put honest and accurate labels on furs. "However the law won't help you unless you read the label carefully and understand the terms it uses," counsels Edna Gray, clothing expert, University of Illinois.

Practically all furs today are dyed, bleached or blended. The process improves the appearance but does not effect the durability if done expertly.

Dying is done by immersing the whole pelt in the dye bath. Blending, on the other hand, is dying from the tip of the fur in toward the pelt. It is usually done by hand with a brush or feather. It does no harm and improves the appearance.

Shearing means exactly that, and is a treatment used with bulky furs such as beaver and raccoon. The top fur is simply clipped

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## Fur Buyer Should Understand Labeling Terms - 2

off to expose the soft under fur. In sheared garments watch for a ridged appearance. The surface should be smooth and even.

The term, "let out," refers to a method of cutting the pelts, by which they are made longer and narrower to give a graceful line to the finished garment.

Glazing is a finish used to give the fur added lustre. It is accomplished by a moisture and heat process.

According to the law, the label must also state the part of the animal from which the fur comes, and this is a guide to wearing qualities. In general the backs of the animal produce the best fur. This section will have the thickest fur and the longest outer or guard hairs. Sides rate next in quality and then the bellies. Paws and tails are not usually durable, and since the pieces of fur are small the seams are numerous. Waste fur means exactly that. Furs so labeled have been made from bits left from cuttings of other garments and may include scraps from various parts of the animal.

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EJ:jo

## Wrinkle Resistance Influenced by Fabric Content

URBANA--Nylon, Orlon and Dacron fibers blended into fabrics will resist wrinkling if they are present in large enough amounts. When you want to buy a blended fabric that will resist creases and hold a press longer, be sure the fiber content of nylon, Orlon or Dacron is at least 15 percent, and preferably up around 50 percent. When blended with cotton, wool, or rayon the special characteristics of these manmade fibers will not begin to appear unless they constitute more than 15 percent of the fabric. "Read the labels!" cautions Edna Gray, clothing specialist, University of Illinois.

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There is a need for a more detailed analysis of the

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

(Note to Editor: This is the third in a series of four articles to help consumers in purchasing furs.)

FOR RELEASE TUESDAY, AUGUST 12, 1952

### Learn to Judge Quality in Furs; Plan your Buying

URBANA--If you're thinking of buying a fur coat this season, there are several things you should consider before you head for the shops. "You don't have to be a fur expert to be sure you're getting a good value and the coat best suited to your needs," says Edna Gray, clothing specialist, University of Illinois. "But you do need to plan your buying and learn to judge the value in fur garments."

Not what fur, but what for should be the first consideration. The coat should be becoming in style and color. But if you expect to give it hard wear, it must be durable as well. If, on the other hand, your coat is to be for occasional use only, wearing qualities may be considered secondary to style, color and beauty.

Mouton processed lamb, muskrat, otter, raccoon, beaver, seal and milk are among the more serviceable furs. Animals that spend some time in the water produce the more durable pelts.

The section of the pelt used is also important. Fur from the backs generally is superior in texture, longer wearing and more expensive than the sides, bellies and paws.

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Learn to Judge Quality in Furs; Plan your Buying - 2

A good quality coat has a bright, lustrous appearance, is uniform in color, depth, and texture and is soft and pliable on the leather side. The outer or guard hair should be long, thick and glossy, and the under fur soft, thick and silky.

Don't be afraid to look behind the scenes if you can't feel the leather through the fur. Ask the dealer to open the lining so you can see and feel the back of the pelt.

A good skin is firm and strong, yet soft and supple. Old or poor quality skins are stiff and brittle and tend to split and tear easily. Be sure there are no perforations in the skins and that the seam stitching is close and even.

Fur used in coats today comes not only from fur bearing animals, but also from domestic animals such as lamb, pony and kid which have wool or hair.

Mouton processed lamb and Persian lamb are serviceable, but kid and pony are not. The hair of the last two domestic animals has a tendency to break off and shed with friction, making them impractical for heavy duty wear.

Pelts of Mouton processed lamb are treated to straighten the wool and are then dyed and sheared. In any sheared fur watch for an even smooth surface. A ribby appearance is an indication of inferior workmanship.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 13, 1952

### Pick Tomatoes Red Ripe For Best Flavor and Food Value

URBANA--Let tomatoes ripen on the vine for top flavor and vitamin content, advises W. F. Lomasney, marketing specialist, University of Illinois. They're best for table use when at the firm ripe stage, with the surface of the fruit light red and the blossom end turning a deeper, darker red. The flesh is still firm and the jelly-like material inside has begun to soften but is not yet watery. The seeds are formed but are still soft, and the flavor is fully developed.

If you bring tomatoes in to the house before this stage, don't ripen them on the window sill in the hot sun. This excessive sunlight prevents normal color development or makes the color splotchy. Tomatoes will ripen best in a dark place at between 60 and 70 degrees F. Don't store tomatoes in the refrigerator or at temperatures below 50 degrees F. Low temperatures impair the flavor and make the flesh watery.

Summer field-grown tomatoes contain about twice as much vitamin C as winter and fall greenhouse tomatoes. One large vine-ripened tomato will supply about half the daily requirement of vitamin C and a generous amount of vitamin A.

Peel and cut tomatoes just ahead of serving time. The less the time lost between garden and dinner plate, the better the flavor and the greater the food value.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Sweet Corn and Melons Listed as Best Buys

URBANA--Sweet corn and watermelons, traditional summertime favorites, are listed among the best buys in the fruit and vegetable market this week, August 10 to 17. Carrots, beets, Michigan Celery, dry onions and Indiana and Illinois cantaloupes are also in plentiful supply and reasonable in price.

This information is based on special reports from the principal markets and on special crop reports from the fruit- and vegetable-growing areas, summarized by Lee A. Somers, assistant professor in vegetable crop and garden extension at the University of Illinois.

The Elberta peach harvest in southern Illinois begins in earnest this week. The regular sequence of harvest has been upset by abnormal weather, and total yields will be considerably lower than were predicted a month ago. The crop will be of good quality, but the peaches have not sized out as well as was expected.

Peaches are still not on the best buy list, however, since prices are somewhat high. Tomatoes are much better than a few weeks ago but still leave much to be desired. Apples are still high in price.

If you're not concerned about your budget, you will be interested in California grapes and Bartlett pears.

No surpluses have developed so far in the fruit and vegetable markets, and none are in sight.







# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 14, 1952

(Note to Editor: This is the last in a series of four articles to help consumers in buying furs.)

### Consider Your Budget and Dealer's Integrity in Fur Buying

URBANA--If you're in the market for a new coat this fall, why not consider fur? Fur prices are lower than they have been for many seasons. The range is all the way from \$100 up. A fur coat that is selected carefully to meet your needs will give many years of service and can be a good investment in warmth and comfort.

If you have less than a hundred dollars to spend, though, forget about furs and choose a good-quality cloth coat, advises Edna Gray, University of Illinois clothing expert. Cheap furs are usually inferior in quality, and the workmanship and will not give satisfaction.

Before you go shopping, plan your buying carefully and select a reputable fur dealer. The integrity of the store where you buy is the best guarantee that you will get your money's worth. Recently passed federal labeling laws compel the dealer to give accurate information on the tag of your coat. An informed and honest dealer will be

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Consider Your Budget and Dealer's Integrity in Fur Buying - 2

glad to explain the terms to you and to guide you in your choice as to both fashion and finance.

Now for price: If you're in the budget group consider mouton processed lamb, which sells from \$100 to \$200. Improved processing methods have given this fur increased beauty. It has been made softer and more adaptable to current styles. Watch for a smooth, even surface, a rich, glossy appearance and a thick, deep pile.

Rabbit, which has paraded under a dozen other names in the past now appears plainly marked. It is modest in price but will give only a fair amount of wear.

In the middle price bracket, muskrat is a perennial favorite and is considered the barometer of the fur trade. Dyed to resemble mink or sable, or bleached to shades of silver, wheat or platinum, it is both serviceable and luxurious in appearance. Sheared raccoon is another hard-wearing middle-priced fur. Persian lamb of good quality, tight-curved and glossy, is graded as fair to good in wearing quality. Furs of the cat family have a tendency to shed with wear, and so do pony and kid.

Of course, if price is no object, you can't go wrong on mink. Soft and beautiful, it lend itself to this year's flowing styles and will give years of satisfactory service. Sheared beaver is another luxury-priced fur that is long wearing and lovely.

However, remember that it is better to buy the best quality of a less expensive fur than a cheap quality of a high-priced one.





Common Household Items Can Poison Your Child

URBANA--"Sneaky killers" around our homes poison and kill 600 curious youngsters each year, and many other children are permanently disfigured and disabled from swallowing common household products.

Apparently harmless items--cleaning fluid, washing powder, drain cleaner, kerosene, mothballs, antiseptics and disinfectants are responsible for hundreds of deaths. Most of these products give no warning of danger on the label, for they don't come under the Federal Caustic Poisons Act.

Pauline Brimhall, health specialist, University of Illinois College of Agriculture, warns that all of these items should have special storage space, out of the reach of children. Such items, if stored in the kitchen, should be kept away from foodstuffs where they could be used by mistake or carried to the food by insects.

There have been repeated cases in which youngsters have been made ill or have died from swallowing kerosene, says Miss Brimhall. This colorless fluid, left carelessly in a glass or pop bottle, is an invitation to death for a curious toddler.

Lye is present in many washing powders, most drain pipe cleaners and some paint removers--it's a deadly poison. Hydrochloric acid is found in metal cleaners and carbon tetrachloride in dry cleaning fluids; both are poisons that could be fatal. So are most mothballs and naphtha flakes. Remember, chemicals that can kill insects can also kill humans.



and the medical community and the public. The American Medical Association is the only organization in the United States that represents the entire medical profession. It is the only organization that has the right to speak for the medical profession in all matters of public concern. It is the only organization that has the right to represent the medical profession in all matters of public concern.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 15, 1952

### Let Your Child Dress as Others Do

URBANA--Back-to-school clothes will help give your youngster a feeling of self-confidence and security if they are the same type as those worn by others in his group.

A child usually has good reasons for wanting certain clothes. He knows the value of being part of the group, and his clothes and appearance are a step in the right direction. Wise parents will listen and understand.

Don't be concerned that your child will lose his identity if he dresses like "the gang." His clothes can be the same type but a design and color that are especially suited to him.

Consider a child's personality, skin coloring, degree of maturity and emotions when helping choose colors for him to wear, suggests Fern Carl, clothing specialist, University of Illinois.

Brilliant, exciting colors can dangerously affect the behavior of some children. It's a common mistake to think that every little girl will love a bright red dress. If she is lively and vivacious, bright colors may be becoming and not overshadow her personality. But a more quiet child is often happier in less intense colors, like soft shades of green, rose and blue.

# Table 1

Table 1. Summary of the data collected.

Table 1. Summary of the data collected.

| Variable                       | Unit              | Mean      | Standard Deviation | Minimum | Maximum |
|--------------------------------|-------------------|-----------|--------------------|---------|---------|
| Age                            | Years             | 35.2      | 12.5               | 18      | 65      |
| Gender                         | Male/Female       | 50.0/50.0 | 0.0/0.0            | 0       | 1       |
| Education                      | Years             | 12.8      | 2.1                | 8       | 16      |
| Income                         | Dollars           | 45,000    | 15,000             | 10,000  | 80,000  |
| Marital Status                 | Married/Single    | 60.0/40.0 | 0.0/0.0            | 0       | 1       |
| Occupation                     | Various           | 1.5       | 0.8                | 0       | 3       |
| Health Status                  | Good/Poor         | 70.0/30.0 | 0.0/0.0            | 0       | 1       |
| Smoking Status                 | Smoker/Non-smoker | 30.0/70.0 | 0.0/0.0            | 0       | 1       |
| Alcohol Consumption            | Units/Week        | 2.5       | 1.5                | 0       | 10      |
| Exercise Frequency             | Times/Week        | 1.0       | 0.5                | 0       | 3       |
| Stress Level                   | Low/High          | 40.0/60.0 | 0.0/0.0            | 0       | 1       |
| Life Satisfaction              | Scale 1-10        | 6.5       | 1.5                | 1       | 10      |
| Depression Score               | Scale 0-100       | 15.0      | 10.0               | 0       | 100     |
| Loneliness Score               | Scale 0-100       | 20.0      | 15.0               | 0       | 100     |
| Self-esteem Score              | Scale 0-100       | 75.0      | 15.0               | 0       | 100     |
| Resilience Score               | Scale 0-100       | 60.0      | 10.0               | 0       | 100     |
| Optimism Score                 | Scale 0-100       | 70.0      | 10.0               | 0       | 100     |
| Gratitude Score                | Scale 0-100       | 65.0      | 10.0               | 0       | 100     |
| Forgiveness Score              | Scale 0-100       | 60.0      | 10.0               | 0       | 100     |
| Compassion Score               | Scale 0-100       | 65.0      | 10.0               | 0       | 100     |
| Kindness Score                 | Scale 0-100       | 60.0      | 10.0               | 0       | 100     |
| Generosity Score               | Scale 0-100       | 65.0      | 10.0               | 0       | 100     |
| Patience Score                 | Scale 0-100       | 60.0      | 10.0               | 0       | 100     |
| Self-control Score             | Scale 0-100       | 65.0      | 10.0               | 0       | 100     |
| Emotional Stability Score      | Scale 0-100       | 60.0      | 10.0               | 0       | 100     |
| Psychological Well-being Score | Scale 0-100       | 65.0      | 10.0               | 0       | 100     |
| Overall Health Score           | Scale 0-100       | 60.0      | 10.0               | 0       | 100     |

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 16, 1952

### Junior's Readiness for School Depends on Mom

URBANA--When you push your young fledgling off for his first day at school this fall, the chances are that his clothes will be starched and pressed, his hair slick and brushed and his eager face polished to a high degree. But will his psychological preparation be as complete as his shining appearance?

"That will depend," says Margueritte Briggs, child development specialist, University of Illinois, "on the amount of time the wise parent spends in getting him ready emotionally and socially in the next few weeks."

Each year thousands of first graders meet their initial school day happily. But there are always a few for whom the experience is so terrifying that it colors their lives for many years. The trouble usually lies in lack of preparation, Miss Briggs tells us.

So start now to lay the foundation for a happy school year. Most schools are closed in the summer, but it's still a good idea to familiarize the child with the building itself. Take frequent walks past it, show him the door he will go in--let him play in the school yard and use the swings and slides. Such comments as "When the other

-more-





Junior's Readiness for School Depends on Mom - 2

children are all here, of course it will be more fun--then you'll take turns," will help to lay the foundation for sound social development.

Play school at home. Of course it's best with other children; but if the child has few playmates, the game is even more important. It will be easier for Junior to feel friendly toward his teacher when he has played at being both teacher and pupil.

If possible, take the child to school to meet his teacher before the first day. Let her show him where he will sit--where he will hang his coat--where the lavatory is. Remember, this is a big unfamiliar world to him, and knowing these things will help to put him at ease.

Having become familiar with his new surroundings, your child may not want you to go with him on the first morning of school. If this is the case, you'll know you are sending him off confident and ready for the big adventure. But if he still feels the need for parental protection, go along without a fuss.

When you get to the classroom--take your cue from the teacher. If the child's chin quivers when you start to leave, or if he wails "I want to go with Mom," do as the teacher asks. If she suggests that you go, go quickly. She may be better able to cope with him without you. If, however, she suggests that you sit in the back of the room for a while, do so. Chances are the next day your small hopeful will suggest politely that you stay at home.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 18, 1952

### Tips For Washing Nylon, Orlon Curtains

URBANA--Let the label be your guide in washing nylon and Orlon curtains. This advice comes from Dorothy Iwig and Edna Gray, home furnishings and clothing specialists, University of Illinois, who say you'll avoid disappointment if you follow the washing instructions on the label exactly.

However, if there was no label, or if it has been misplaced and you've forgotten what it said, here's a good washing method: Fold nylon or Orlon curtains instead of crushing them and you'll have fewer wrinkles. Let the folds be loose. Don't crease the fabric. Wash in soapy water, and avoid rubbing and wringing. Rinse thoroughly and roll in a towel to remove excess moisture, and hang to dry.

Curtains may be hung to dry on curtain rods at the window or over the shower-curtain rod. If they are hung on a line, they tend to droop in the middle where the line sags.

Stretching Orlon or nylon is not only unnecessary, but harmful to the fabric fibers. Curtain stretchers should never be used.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 19, 1952

### Fit Child's Shoes Carefully For Health and Posture

URBANA-- Correctly fitted shoes promote good posture and good health. Since a child's foot is extremely pliable, it is important for parents to check shoes frequently during years of fast growth.

It takes 20 years for the foot to reach full development, and growth is especially rapid during the first 15 years. The child's shoe size may change from month to month during the first six years, every two to four months from 6 to 12 years and every four to five months thereafter.

Since a small child's bones are supple, he may feel no discomfort from poorly fitted shoes and may not complain when they are too small. However, if pink spots show on his toes immediately after shoes and stockings are taken off, shoes are too short. Run the fingers around inside the toe of the shoe. If the child's toe nail has made a crease in the lining, the shoe is short.

The integrity and ability of the shoe dealer are important in properly fitting your child's foot. However, parents also need some knowledge of how to fit shoes.

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## Fit Child's Shoes Carefully For Health and Posture - 2

The shape of the shoe should confirm to the shape of the child's foot--it should be straight on the sides and flaring at the toes. The toe structure should be boxy and soft, leaving enough height to prevent toes from rubbing on the top of the shoe. The heel should grip the foot well, and the shank should fit up into the arch of the foot. The vamp of the shoe should be long enough and high enough.

To determine the correct shoe size, both length and width, measure both feet while the child is standing. The length should be  $\frac{1}{2}$  to 1 inch longer than the longest toe. The widest part of the foot should come at the widest part of the shoe and should allow a slight pinch-up of leather over the ball of the foot.

EJ:mi

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## Too Much Bleach Harms Clothing

URBANA--"Go easy with the bleach unless you want to wear your clothes out in the washer instead of on your back," says Catherine M. Sullivan, University of Illinois home management specialist. Too much or too frequent use of bleach weakens fabric fibers and actually makes holes in clothes.

One half cup of liquid chlorine bleach is the maximum amount to use. Be sure to dilute it in a quart of water and add it after the washer is filled with water. Never put it on dry clothes.

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EJ:mi  
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 20, 1952

### Tomato Juice Spoilage

URBANA- When canning tomato juice don't forget that the juice is no better than the tomatoes you put into it. If your canned tomatoes keep perfectly but your tomato juice spoils, perhaps you should use better quality tomatoes for the juice.

Because juices are strained, softer tomatoes and trimmings are sometimes used for the juice and the firm tomatoes are canned. This is a bad practice, says food specialist Geraldine Acker, University of Illinois College of Agriculture.

A soft tomato is partly spoiled. It will give your juice an inferior flavor. Also, since spoilage has already started, the product is much harder to sterilize.

Don't be too thrifty when you put the tomato pieces through the sieve. Stop before the skin begins to pass through. The small bits of skin will make the juice less attractive, though they will do no harm. You may wish to can the thicker pulp and use it for soup.

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AJR:ml  
8/15/52



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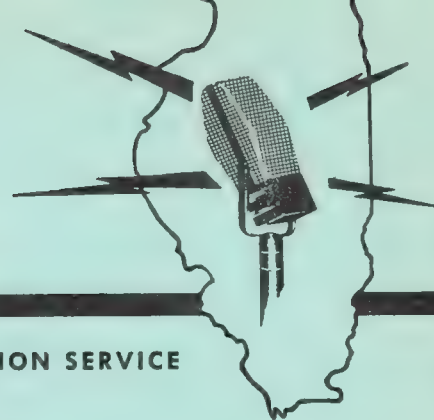
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Southern Illinois peaches are in the market and head the list of best buys this week. Now is the time to buy them for canning and freezing. Growers are leaving the peaches on the trees three or four days longer than usual in order to get the greatest possible increase in size. This will improve the quality but will also increase the danger of over-ripeness.

Therefore, better not plan to hold them long between buying and preserving.

Sweet corn from the northern Illinois growing regions is at its peak, and the quality is excellent.

Other best buys listed by Lee A. Somers, specialist in vegetable crop and garden extension, University of Illinois, are Michigan celery, watermelon, cabbage, medium-sized onions and Illinois and Indiana cantaloupes.

Tomatoes are improving in quality and should be on the best buys list soon.

California pears, plums, grapes and lima beans are still a little hard on the budget.

Summer and early fall apple harvests have been disappointing. The good varieties of late fall and winter apples won't be harvested for several weeks.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 21, 1952

### Fly Sprays

URBANA--Bothered with flies? Here's some campaign strategy from H. B. Petty, entomologist, U.I. College of Agriculture and Illinois Natural History Survey.

You'll find several good sprays on the market for inside use. They contain lindane, pyrethrum and DDT, either alone or in combinations. For best results, close windows and doors before spraying inside.

For outside use, try a 2 percent chlordane residual oil spray. When this spray dries, it leaves a residue that kills flies that walk or rest on it. Spray screens, doorways, porches or wherever flies gather. Surfaces exposed to the weather need spraying every two or three weeks.

In some cases flies have been found to develop a resistance to DDT. However, if the infestation is not heavy, or if the DDT has not been used in quantities over a period of years, it may still be effective.

Take ordinary precautions when using and storing insecticides. Keep food and eating and cooking utensils covered when you spray in the kitchen; avoid using oil sprays on animals, on delicate plants and shrubs or near open fires; store the spray out of reach of children.

According to Petty, flies usually stay within a quarter of a mile of their breeding places. You'll save yourself a lot of grief if you can get rid of open dumps, refuse and manure piles and open garbage cans.

# Review

Author's Name: \_\_\_\_\_

Date: \_\_\_\_\_

The author of this book, \_\_\_\_\_, is a well-known expert in the field of \_\_\_\_\_.

The book is written in a clear and concise style, making it easy to read and understand.

The author provides a comprehensive overview of the subject, covering all the major aspects of \_\_\_\_\_.

The book is a valuable resource for anyone interested in \_\_\_\_\_.

I highly recommend this book to anyone who is looking for a thorough and accessible introduction to \_\_\_\_\_.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 22, 1952

### Teach Children School Bus Safety

URBANA--Little children don't drive cars; yet 118 children were killed in automobile accidents in Illinois last year. Drivers were at fault in some cases, but carelessness on the part of the children themselves accounted for the larger part of the accidents.

Youngsters who will ride school busses for the first time this fall need safety training that is detailed and specific, advises University of Illinois child development specialist Helen Marshall. The time for parents to start this training is well in advance of the first day of school.

Stories and play are effective teaching methods, Miss Marshall says, so make up stories about the safe way to ride on the bus. Repeat them several times. Further impress the child by showing him how to play "school bus." He can place chairs in a row or use his wagon or tricycle for an imaginary bus. He will enjoy the game, and a lesson in getting on and off the bus safely can be pleasantly learned.

Before the first day of school, take the child to the place where he will get the bus, point out where to wait for it and how to cross the street after leaving it. Go over the routine several times,

-more-



# Radio News

Published Weekly by the Radio News Company, Inc.

Vol. 1, No. 1, January 1, 1922

## Radio News

The Radio News Company, Inc. is a corporation organized under the laws of the State of New York, with its principal office at 1234 Broadway, New York City. The company is engaged in the publication of a weekly newspaper, the Radio News, which is published every Friday except on legal holidays. The newspaper is published in both English and Spanish languages. The company also operates a radio station, WABC, which is licensed by the Federal Communications Commission. The station broadcasts a variety of programs, including news, music, and entertainment. The company's revenue is derived from the sale of the newspaper and the operation of the radio station. The company is owned and controlled by a group of investors, including the Radio News Company, Inc. and its subsidiaries. The company is committed to providing high-quality news and entertainment to its readers and listeners.

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Teach Children School Bus Safety - 2

and let him cross the road alone, watching carefully for oncoming traffic.

Miss Marshall lists a few important safety rules to stress: Wait on the right side of the road so that there will be no need to run across when the bus approaches. While waiting, stay well back on the side of the road. When riding, keep head, arms, hands inside the bus. Stay seated--don't jump, play or run in the aisles while the bus is in motion. In getting off, stay on the right side of the road until the bus moves on and traffic clears.

EJ:ml

-30-

Softener in the Rinse Water Keeps Clothes Bright

URBANA--If you live in a hard water area and use a softener in the wash water, don't forget that you'll need it in the first rinse water too. This advice comes from home management specialist Catherine M. Sullivan, University of Illinois.

This is a good practice as well for homemakers who have water-softening systems in their homes. In most cases the softener is connected only with the hot water; and since the rinse is mostly cold water, there is little softening action.

Soft rinse water helps get the suds out of clothes and keeps white things bright and colors clear.

-30-

EJ:ml  
8/18/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 26, 1952

### Long-Wear Satisfaction From Worsted Jersey Blends

URBANA--Fall fashions point to an increase in the use of worsted jerseys for both men and women's wear.

This is in part a result of the interest that is slowly developing in the use of blended yarns. Wool blended with Orlon, nylon, Dacron, Dynel, Acrilon and Vicara shrinks less and garments wear longer than those made of pure wool. The shape retention of the blends allows the knitted cloth to be made up in a new range of styles, especially multiple pleats in skirts.

Florence King, textiles specialist, University of Illinois College of Agriculture, offers some points to consider when you select these jerseys. She says washability of the garment will be affected by the percentage of synthetic fiber that is present--so be sure to check the label. Experimentation has shown that jersey containing 50 percent wool and 50 percent Orlon shrank three percent, while one of 20 percent wool and 80 percent Orlon shrank only one percent.

Other advantages of the blended yarns are greater crease-resistance, resistance to moth damage and, in women's garments, permanent pleating.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 26, 1952

### Mealtimes Can Meet Irregular Schedules

URBANA--If irregular schedules and meals at odd hours are the rule at your house, don't let it disrupt pleasant family life nor keep you from serving appetizing food.

Try to meet meal emergencies calmly and intelligently. Make the mealtime cheerful for the person who has to eat alone.

Anne Fluhr, food specialist, University of Illinois, suggests that you learn what foods can be reheated with a minimum of vitamin loss and flavor and texture change. Learn what foods can be ready to serve in a hurry; then set up an efficient emergency food supply in cupboard, refrigerator and freezer. Keep some canned sauces on hand in which to reheat foods that would otherwise have a "warmed-over" flavor.

When you know ahead of time that some member of the family will be more than an hour late, get the meal ready for the rest of the family at their normal mealtime. Some meals, like pot roast or stew, are just as tasty after reheating. You can keep other meals warm in a double boiler or in the oven or electric roaster set at low heat. If the meat is a quick-cooking type like hamburger, cook it separately when the person comes home.

-more-

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## Mealtimes Can Meet Irregular Schedules - 2

Save out a share of fresh vegetables, and cook them later in the pressure saucepan; break off a portion of frozen vegetable to keep frozen until time to prepare the late meal; wait to heat portions of canned vegetables too.

Keep salads refrigerated until time to serve; add the dressing when you see Mr. Late-Arrival coming down the walk.

If you've already eaten, keep the late one company by having a glass of milk or a cup of coffee or tea while he eats.

AJR:mi

-30-

## Putty Holes to Make Paint Job Look Professional

URBANA--It's important to putty nail holes and cracks in woodwork before you paint if you want the results to look really professional, says Dorothy Iwig, home furnishings specialist, University of Illinois. It's a tedious little job, but it will make all the difference in the world.

Putty the holes after the primer coat of paint is dry. If the next coat is going to be tinted, add a little dry color to the putty too.

If the putty becomes too stiff and dry, add a drop or two of linseed oil. If, on the other hand, it is too moist and oily, add a little spackle, or patching plaster, to the mixture.

Apply the putty with your thumb, and smooth with a flexible putty knife. Be sure to clean excess putty from surrounding surface.

-30-

EJ:mi  
8/22/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Best Buys This Week--Fresh Fruits and Vegetables

URBANA--The Illinois peach harvest dominates all other market news. Now is the time to buy! Harvest will continue for another week or ten days.

One reporter from the southern peach-growing region says that prices have been very disappointing to growers, but there is an unusual demand from dealers. As one grower described it, "The market is so brisk and strong that most of the peaches are sold as fast as we can get them in the baskets."

Other best buys this week, considering prices, quality and supplies are cantaloupes, Thompson seedless grapes, cabbage, small yellow onions and green beans. If tomatoes can be carefully selected, they may also be best buys.

Lima beans, cauliflower, and sweet potatoes are still a bit expensive.

This information comes from Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 27, 1952

### Protect Children From Fire in the Home

URBANA--Don't make your home a funeral pyre for your children. Two thousand youngsters under 14 years burn to death each year in this country--most of them in home fires.

Many home fires start as the result of someone's carelessness. Defective heating equipment, defective electrical wiring, spontaneous combustion and children playing with matches are the four most prevalent causes of home fires, says Mrs. Ruth C. Freeman, chairman of the Illinois Home Safety Council.

Before it is time to start winter fires, check your heating equipment and chimneys. Watch out for room oil burners, which are especially dangerous. Before using them, be sure they are properly cleaned and are placed regulation distances from flammable walls.

How long has it been since the wiring in your house was checked? If the house is over five years old, you had better have an electrician look it over. You yourself can check the lamp cords and cords used with household equipment. The light that flickers and the vacuum cord that goes "pfft" are warning you of danger.

Rags are cheap. After they've been used for waxing the floor or polishing the furniture, throw them away or wash them. Don't save them to use again.

Keep matches and lighters away from inquisitive toddlers.

Having taken all these precautions, get a household fire extinguisher and keep it handy---just in case.

# Radio News

THE RADIO NEWS, NEW YORK, N.Y.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 27, 1952

### Matching Paint and Fabrics Is a Ticklish Job

URBANA--Matching is an important word in the decorator's vocabulary. Homemakers who do a good bit of their own decorating sometimes have trouble getting the right shade of paint to match the wallpaper, the carpet or the draperies.

Mixing paint to match is quite a trick, says Dorothy Iwig, home furnishings specialist, University of Illinois. It takes plenty of patience and quite a little skill.

Often the word "match" is used lightly, especially when we're talking of matching paint to fabric or wallpaper. Remember, paint is neither transparent nor translucent, and frequently it is better to determine the major color and strive for effect rather than to try to get an exact match.

Here's a decorator's trick to help you: Make a peephole in a piece of white paper or cardboard. Sticking a pencil through will give you about the right size of hole. Hold the cardboard about a foot away from your eye, and look through it at the fabric or wallpaper and then at the paint. You won't see the form of the pattern in the fabric or paper, and the true colors will become more apparent.

Always try to do your mixing or matching at a window with a northern exposure so that the light will be constant. Avoid a window with reflections from a large tree or other colored surface, as this is certain to cause off-color matching.

Remember, too, that paint when dry may be a different color than when wet.



# Section 14001

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 28, 1952

### New Canning Method Shortens Procedure for Green Beans

URBANA--Progress on the home front brings us a cold-pack method for canning green beans. It's an alternate to the hot-pack method previously recommended by the United States Department of Agriculture.

Standard hot-pack procedure is to boil the one-inch pieces of beans for 5 minutes before packing into jars for further processing. For the cold-pack method, you eliminate this "blanching" step.

Here are complete cold-pack directions for snap beans as given us by Frances Cook, foods specialist, University of Illinois College of Agriculture:

Wash beans, trim ends and cut into one-inch pieces. Pack raw beans tightly to within  $\frac{1}{2}$  inch of the top of glass jars. Cover with boiling water, leaving  $\frac{1}{2}$  inch of space at the top of the jar. Add salt-- $\frac{1}{2}$  teaspoon to pints; 1 teaspoon to quarts.

Adjust jar lids, then process in a pressure canner at 10 pounds' pressure (240°F.) for 20 minutes if pint jars; 25 minutes if quarts. If the lid closures are not of the self-sealing type, complete the seals as soon as you remove jars from the canner.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 29, 1952

### Laundry Facts--Nylon, Orlon, Dacron

URBANA--Give nylon, Orlon and Dacron proper care in the laundry. It's true they are "wonder" fabrics, but it's no wonder they complain at some washtub treatments they're given. Here are facts about their care in the wash from textiles specialist Florence King, University of Illinois College of Agriculture:

If the fabric frays or ravel, or if threads pull out easily at the seams, wash the garments by hand. If you use the washer, agitate for not more than three minutes. Water should be only as hot as your hands can stand comfortably; hotter water may cause yellowing of white fabric and fading of colors. If you use a drier, be sure the heat is turned to low, because intense dry heat injures the fibers.

These new fabrics are thieves--they steal color from other clothes, even those that are apparently colorfast. So always wash white garments by themselves. To be on the safe side, snip off any colored labels. Even colored lettering or colored threads have been known to leave spots.

Never wring nylon or Orlon by twisting or squeezing. The very qualities that make them wrinkle resistant cause them to retain wrinkles put in when wet. It is best to roll the garment in a towel to take out excess water and then hang it to drip dry. Wringing through rollers won't harm the fibers, but unless it is carefully done it will press in creases. Then hang away from direct heat of radiators and strong, bright sunlight.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 30, 1952

### Test Your Qualities as a Good Grandparent

URBANA--Are you a good grandparent? The number of persons over 65 years of age has increased nearly 40 percent in the past 10 years. That makes this question an important one for thousands of American elders.

When grandparents share the home with children and grandchildren, problems are inevitable, and grandparents need special qualities of understanding and cooperation.

If you are a grandparent, see how you score on these questions compiled by Margueritte Briggs, family relations specialist, University of Illinois:

Do you accept your age and your life experiences?

Have you practiced the art of letting go of your children so that they may grow in responsibility and independence? Are you proud when they solve their own problems rather than come running to you?

Do you accept your son's or daughter's choice of a marriage partner?

Have you learned to stay out of the arena when parents are arguing with each other or disciplining their children?

-more-





Good Grandparent - 2

Have you broadened your interests and horizons so that life is not empty or idle as you grow older?

Have you cultivated friends and interests that give you a full life of your own?

Have you learned to do well a few things that please children and adults, and do you practice these skills?

Do you do things for your grandchildren and their parents without feeling martyred?

Do you continue to serve people rather than to demand service?

Give the right answers to these questions and not only will your grandchildren be fortunate, but you will never lack for their affectionate devotion.

EJ:mi

-30-

Immunizations Need Repeating--Protection Not Permanent

URBANA--Preventive shots against disease in babyhood don't give permanent protection--the immunization "wears out" says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Make sure your child is revaccinated, and given booster shots regularly through the years of his life when hazards are greatest. The Illinois State Department of Health recommends shots for protection against diphtheria, whooping cough and tetanus early in infancy and again at five to six years of age. If your child is ten or older, your doctor may recommend further protection against diphtheria.

According to the State Department of Health, vaccination against smallpox should be repeated at least every three years for adults as well as children. Booster doses of tetanus are sometimes given every year, and especially at time of injury.

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AJR:mi  
8/27/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 1, 1952

### Farm Families Can Cut Food Bill in Half

URBANA--Research studies on farm family accounts over the past twenty years show that farm-furnished food is the answer to keeping down food costs.

Food purchases generally take the highest percentage of a family's income. Family economist Ruth C. Freeman, University of Illinois home economics department, who made these studies, says that couples with growing families cut their food bills by growing a large part of their food on the farm. Besides freezing and canning fruits and vegetables from their own gardens, most of these farm families have their own dairy, poultry and meat products.

Mrs. Freeman points out that home-produced food represents a three-way financial saving: (1) The money you save by raising your own food is equivalent to additional income. In 1951 one Illinois family with two young children produced 50 percent of their total food--a saving of \$514 at retail prices. (2) The extra value earned is not subject to federal income tax. (3) You do not have to pay occupational sales tax on home-produced food.

Not only will home-produced food cut down on your grocery bill, but it will give your family a quality of food that you may not be able to get at your local market.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 2, 1952

### Scientific Discoveries and Care Cut Tooth Decay

Aching teeth have been man's most painful and most prevalent malady since time began. Today dental decay is 33 times more common than all other physical defects put together. Nevertheless tooth decay can now be reduced appreciably.

Treatment with sodium fluorides and restriction of carbohydrates will cut down tooth decay. This is now a proved fact, says Pauline Brimhall, health specialist, University of Illinois.

If you live in an area where sodium fluoride has been added to the public drinking water supply, you may expect to have a reduction of 67 percent in tooth decay.

However, if you are not one of this more fortunate group, your children at least may benefit from sodium fluoride by having the outer surface of their teeth treated. This method, when used at three specified ages, has reduced tooth decay as much as 40 to 50 percent. It carries the endorsement of the American Dental Association, the American Medical Association and the Illinois State Department of Health.

Treatments must be given by a dentist. They are usually started when the child's teeth erupt, at approximately 3 years of age, and are repeated at ages 7 and 11 years. Each treatment requires three applications at 5- to 7-day intervals.

The little gremlin that causes most dental decay is acid-producing bacteria which live in the mouth and feed on refined carbohydrates, such as candy, sugar and carbonated beverages. Cut down on these and use the new tools science has provided if you want to reduce tooth decay.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 3, 1952

### Money Matters in Marriage

URBANA--The art of having money when you need it is a boon to success in any marriage.

Family economists have found that there are general patterns of greatest and least expense in marriage cycles. If young couples will anticipate the peak expenses and plan ahead, they can avoid some pitfalls in the use of family resources.

Mrs. Ruth C. Freeman, home economics department, University of Illinois has made a study of farm family consumption patterns during the past 23 years. She reports that the peak of income generally comes, luckily, at the time when the family needs it most--when expenses are greatest. Ordinarily that time comes around 25-29 years of marriage.

"Young marrieds" experience many of the financial "lows" and none of the "peaks" in the family cycle. It stands to reason that their living and operating expenses are less than when the children are older and perhaps more numerous. The "young marrieds" spend less than the older groups for furnishings and equipment, clothing, personal needs, recreation and church and community welfare.

-more-

# Walt Whitman

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Money Matters in Marriage - 2

The 15-19 year period in a marriage usually brings peak expenses for items like food, furnishings and equipment, clothing, recreation and church and welfare. Peaks during the 25-29 year period are for total living and operating costs, plus peaks for personal items and for education. This is generally the peak load on the family pocket-book before the children leave home.

AJR:mi

-30-

Aids to a Healthy Mouth

URBANA--Carrots, celery and other crisp foods make bright additions to school lunch boxes; they help to clean Junior's teeth too.

Health specialist Pauline Brimhall, University of Illinois says these crisp vegetables eaten at the end of the meal are an effective aid to mouth hygiene. They massage the gums and remove particles of other food.

A cold water mouth rinse immediately after eating will also help to reduce tooth decay. Don't delay the rinsing, because sugar and carbohydrates begin to act on the teeth within ten minutes after they enter the mouth.

There is no substitute, of course, for good rotary-motion brushing. So when you tell your small fry to brush his teeth, don't let him get away with saying, "Gee whiz, Mom, I just ate a carrot."

-30-

AJR:mi  
8/29/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 4, 1952

### Small Potatoes Can Be Used For Canning

URBANA--Here's a way to use those marble-sized potatoes that are usually considered too small to keep. "Can them," says the United States Department of Agriculture. The Bureau of Human Nutrition and Home Economics has developed an easy way to do it.

Use potatoes that are 1 to 2½ inches in diameter. Wash, peel and cook then in boiling water for ten minutes. Drain.

If using glass jars, pack the hot potatoes to within ½ inch of the top. Cover with boiling water, leaving a ½ inch space at the top of the jar. Add ½ teaspoon salt to pints and 1 teaspoon to quarts. Adjust lids; then process in pressure canner at ten pounds' pressure (240° F). Pint jars should be processed 30 minutes, and quart jars require 40 minutes.

As soon as you remove jars from canner, complete the seals if closures are not of the self-sealing type.

If you wish to can potatoes in tin cans, pack the hot potatoes to within ¼ inch of the top. Fill to top with boiling water, and add ½ teaspoon salt to No. 2 cans and one teaspoon to No. 2½ cans.

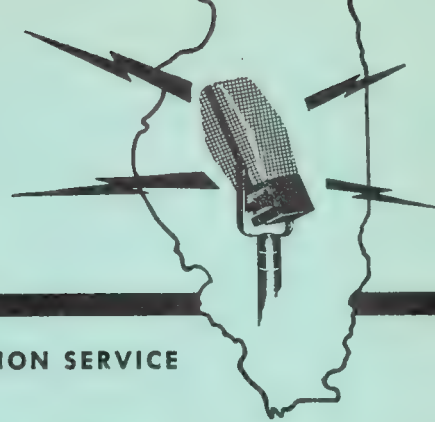
Exhaust and seal cans; then process in pressure canner at ten pounds' pressure (240° F). Process 35 minutes for No. 2 cans and 40 minutes for No. 2½ cans.

Complete direction for canning diced potatoes may be obtained by writing to Frances Cook, food specialist, University of Illinois College of Agriculture, Urbana, Illinois.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 5, 1952

### Fear of Polio Can Slow a Child's Recovery

URBANA--Be an honest realist about polio. Teach your child good health practices, but don't scare him to death.

Health specialist Pauline Brimhall, University of Illinois College of Agriculture, says some children have such exaggerated fears of the disease that if they did become ill their worry would be a serious handicap.

It is important for a child to get adequate rest, but don't say, "If you don't get to bed early, you may get polio," or "You'll get polio if you don't wash your hands."

Make a positive approach to good health habits, advises Miss Brimhall. You might say, "If you get plenty of rest, you'll feel well and strong," or "Clean hands will help to keep you healthy."

"We do not wish to minimize the seriousness of polio, but we do want to emphasize that there is no limit to dreadful catastrophes that fear can create in a child's mind," says Miss Brimhall.

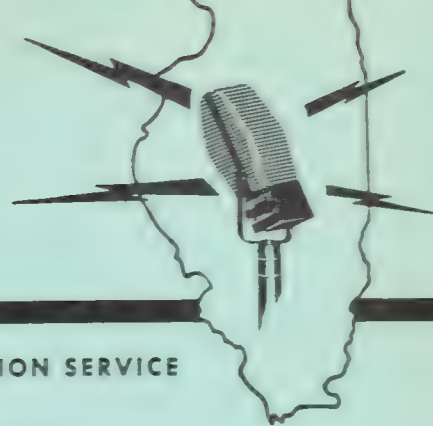
A case of polio in your town does not mean that you should isolate your child. Let him continue to play with his own group of friends. Good sense and a calm attitude are better weapons than worry and fear.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 6, 1952

### Life Insurance Most Common Family Investment

URBANA--In a study of how 156 Illinois farm families spent their incomes in 1951, Mrs. Ruth C. Freeman, University of Illinois family economist, found that 94 percent of the husbands in this group owned life insurance.

This proportion is well above the 75 percent of all U.S. families that own life insurance of some kind. The most recent survey on this subject by the Federal Reserve Board shows that ownership among families of farm operators was 55 percent for the nation as a whole.

Nearly half the policies owned by the Illinois group were for less than \$6,000, says Mrs. Freeman.

About two-thirds of the 156 wives in the Illinois study carried life insurance. Nearly half had policies of less than \$2,000 and about one-fifth had \$2,000 and over. For the nation as a whole, about one-seventh of all ordinary life insurance now in force is on the lives of women.

It is of interest to note that in the Illinois study those families with a cash outlay of \$9,000 or more invested 3 percent in life insurance and 46 percent in other investments; families with less than \$1,500 to spend also invested 3 percent of it in life insurance, while 8 percent went for other investments.

# Health Policy

Health policy is a broad term that refers to the principles and goals that guide the actions of governments, organizations, and individuals in the health care system. It encompasses a wide range of issues, including the distribution of resources, the organization of services, and the regulation of the health care industry.

Health policy is often developed at the national level, but it can also be developed at the state or local level. The World Health Organization (WHO) has developed a set of principles for health policy, which are based on the following assumptions:

- Health is a basic human right.
- Health care should be based on the needs of the population.
- Health care should be accessible to all people.
- Health care should be of high quality.
- Health care should be financed through a system of taxes and contributions.

The WHO's principles of health policy are widely accepted and have been used as a guide for the development of health policy in many countries. However, there are many different views on what health policy should be. Some people believe that health care should be provided free of charge, while others believe that it should be based on a system of insurance. There are also different views on the role of the government in health care. Some people believe that the government should be responsible for providing health care, while others believe that it should be left to the private sector.

Health policy is a complex and controversial issue. It involves many different interests and values, and it is often difficult to reach a consensus. However, it is an issue that affects everyone, and it is one that we cannot ignore. We need to continue to work together to develop health policies that are based on the needs of the population and that are fair and equitable for all.

Health policy is a broad term that refers to the principles and goals that guide the actions of governments, organizations, and individuals in the health care system. It encompasses a wide range of issues, including the distribution of resources, the organization of services, and the regulation of the health care industry.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE IMMEDIATELY

### Staple Vegetables Best Buys This Week

URBANA-- There's no excuse for not getting plenty of vitamins this week, because almost all staple vegetables are on the list of "best buys" issued from the office of Lee A. Somers, specialist in vegetable crops and garden extension at the University of Illinois.

Peaches top the list. This is the last week Illinois Elbertas will be available in quantity, so now is the time to preserve them, Mr. Somers says.

Tomatoes are on the "best buys" list too, but it is still too early to buy for canning. Cold weather in May and heat in June and July resulted in an inferior early tomato crop. However, the later tomatoes will show improved quality.

Cantaloupe, watermelon, peppers and cucumbers are all included in the "best buys" list. If you're watching your food budget, stay away from cauliflower, broccoli and Ribier grapes.

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EJ:mi  
9/2/52

# Public Health

THE JOURNAL OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Volume 100, Number 1, January 2000

ISSN 0091-9168

The Journal of the American Public Health Association is a peer-reviewed journal that publishes original research, reviews, and commentary on public health. The journal is published quarterly and is available online. The journal is published by the American Public Health Association, which is a non-profit organization that promotes public health and the well-being of the community. The journal is a leading source of information for public health professionals and the general public. The journal is published in English and is available in print and online formats. The journal is a member of the Public Health Association and is a leading source of information for public health professionals and the general public. The journal is published by the American Public Health Association, which is a non-profit organization that promotes public health and the well-being of the community. The journal is a leading source of information for public health professionals and the general public. The journal is published in English and is available in print and online formats. The journal is a member of the Public Health Association and is a leading source of information for public health professionals and the general public.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 8, 1952

### Bleach Dark Woods for a New Look

URBANA--So you want to make it blonde! Not your hair but that old table, chair or desk that now looks out of place with your modern divan and chair.

"Before you start, make up your mind that it's quite a job," says Dorothy Iwig, home furnishings expert, University of Illinois. It can be done, though, and the results will be lovely if you have patience and plenty of elbow grease.

The hardest part of the job, Miss Iwig adds, is to get the surface sufficiently clean and smooth. Use paint remover for this. It is better to buy a commercial remover than to try to make your own at home. Let it stand until the old finish is soft, and scrape it off with a broad putty knife. Always scrape in the direction of the grain of the wood. One application is seldom enough--two or three are better. If there are shiny spots on the surface when it is dry, it needs another application.

When the finish is off, wipe with a cloth dipped in denatured alcohol. Remember, it is impossible to get the wood as clean as new wood. For restaining, a good cleaning job is sufficient, but for bleaching the cleaning must be perfect.

Now for the bleaching. If the stain is stubborn, ordinary bleaches like oxalic acid or sodium hypochlorite may not be strong enough. Strong two-part bleaches have been developed and are available at paint stores. Follow directions exactly. Remember to wear rubber gloves while working with these materials, and use glass containers for the alkali and caustic solutions.



# Race News

Continued from page 1

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persons who are

being held in custody at the present time. The names of the persons who are being held in custody at the present time are as follows:

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 9, 1952

### Remodel Old Coat for '52 Look

URBANA--Fashion dictates a sloping shoulder line for fall coats and suits, but that doesn't mean you have to discard that "still good" garment with the thick padded shoulders. "Even though you feel like a football player when you put it on, something can be done," says Fern Carl, clothing specialist, University of Illinois.

However, Miss Carl warns that this is no job for an amateur. Unless you have had experience in tailoring and are willing to be patient with tedious details, you might do better to take the garment to a professional tailor.

Two things may be wrong with the exaggerated shoulder--it may be too high, too wide or both.

If the padding is not too accentuated, you may be able to rip the shoulder lining, remove nearly all the pad, resew the lining, press carefully and find it looks all right.

However, if the shoulders are heavily padded this may not do the trick, because there will be an excess of material at the shoulder line where the padding has been removed.

There are three possible procedures, and you'll have to study the garment to figure which will work best in your particular case. For

-more-



Remodel Old Coat for '52 Look - 2

some coats and suits, you can rip the shoulder seam and take a dart back and front, beginning with about a half to three-quarters of an inch at the seam and tapering it to nothing. In some cases you can put a dart in the front and ease the back onto the front. After stitching the dart, slit it on the underside and press open. Sew the shoulder seam together--and, presto, your coat is 1952.

If the shoulder isn't wide enough to need a dart where the padding is removed, you may be able to rip the shoulder seam, shrink the extra fullness with steam and restitch the seam. This will work best with wool fabric.

If the shoulders are really high, as was fashionable about three years ago, you may need a more major operation. In this case you will have to rip out the top of the sleeve as well as the shoulder seam. Slope the shoulder seam down toward the sleeve line, and then ease the extra fullness in the sleeve. Steaming will help. This last method is a little more difficult and requires careful fitting and pressing. But if you can salvage a good garment, it is well worth the effort.

EJ:mi

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Now's the Time to Can Tomatoes--Sept. 8-13

URBANA--Tomatoes for home canning and juicing will be the leader in best food buys this week. Vegetable crops specialist Lee Somers, University of Illinois, says tomato quality has been improving steadily, and prices are a fraction of what they were a few weeks ago.

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9/5/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 10, 1952

### Orange Juice--Various Types Compared

URBANA--Food research workers in the University of Illinois home economics department made a study to compare the relative merits of types of orange juice obtained at a local store at monthly intervals for a period of one year. Fresh, canned, frozen concentrated and canned concentrated juices were rated for appearance, color, flavor and general acceptability, plus ascorbic acid content.

Virginia Charles and co-workers report they definitely preferred fresh orange juice for its appearance, color and flavor. On the same counts, they preferred the commercially frozen juices to the canned concentrated and canned juices.

As far as nutritive value of fresh and processed juices are concerned, it has been established that the amounts of vitamin C vary, depending on the variety of the oranges, growing conditions, nature of commercial processes and conditions of storage. In general, the fresh oranges and the packs of processed juice held for the shortest periods of time contained the highest amounts of vitamin C.

In addition to studying commercially processed juices, the researchers froze ten lots of freshly prepared juice and examined samples after one, two and three months of freezer storage. They found little loss of vitamin C, but unpleasant flavor changes had developed. These were described as "bitter" and "off-flavor" changes. On the basis of this investigation, these workers do not recommend the home freezing of orange juice at the present time.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

### Best Buys This Week--Fresh Fruits & Vegetables

URBANA--This is the last chance for the homemaker who wants to can or freeze peaches this season, says Lee A. Somers, vegetable crop and garden extension specialist, University of Illinois. Most of the Illinois peaches have been harvested, with the exception of a few small scattered orchards in the southern part of the state. Michigan peaches are on the market in volume but will be gone in another week.

It's time to buy tomatoes too for canning and juicing. They are much better quality and much cheaper than they were a few weeks ago.

Peppers, green beans, small-sized onions, acorn squash, cabbage, carrots and Michigan celery are all on Mr. Somers' list of best buys for the week.

Apples will be rosy cheeked this fall, for weather has been ideal for coloring. Harvest of Jonathan, Red Delicious and Starking is under way in the southern tip of the state. Other regions will be following along in regular order. The crop is high in quality but not large in volume.

If you don't have to watch your budget closely, you may be interested in cauliflower, grapefruit, oranges, lima beans and broccoli.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 11, 1952

### Labels Should Tell What Shrinkage to Expect

URBANA--When fabric or garment labels merely say "pre-shrunk" or "pre-laundered," they may still shrink out of shape in washing or cleaning.

Clothing specialist Edna Gray, University of Illinois says a good label should read something like this: "Pre-shrunk. Residual shrinkage guaranteed to be not more than \_\_percent."

Remember, says Miss Gray, that cotton does not shrink completely at the first treatment. The important thing to know is what amount of shrinkage is left. Industry calls this the residual shrinkage.

A good job of shrinking may leave a residual shrinkage of 1 or 2 percent. However, even 1 percent amounts to more than one third of an inch to a yard. This may be lengthwise, crosswise or in both directions of the cloth.

Some fabrics may have a residual shrinkage of 2 or even 3 percent. In this case allow for that amount of shrinkage and don't fit your garment too tight. Remember, too, that shrinkage is not completed in the first wash or dry cleaning.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 12, 1952

### Furniture Scratches Can Be Camouflaged

URBANA--Here's first aid for furniture scratches from Dorothy Iwig, home furnishings specialist University of Illinois. If the scratches are of a minor nature, try rubbing them with a nut meat, Miss Iwig says. The oil from the nut will color the spot and do a fairly good camouflage job.

If this treatment doesn't work, you may need to use an oil stain in a color matching the wood. There are commercial products available for just this purpose. Use a lint-free cloth, dip into the stain and lightly feather in the scratch, making an irregular edge to blend with the present finish.

When some of the wood or veneer has actually been gouged out, you may need to fill the depression. Stick shellac, on sale at most paint stores works well.

Since shellac darkens with time, it should be a little lighter in color than the wood. Heat a knife or spatula and touch the heated blade to the shellac just long enough to cause it to run, but not bubble. Let the drippings fill the dent; then press the filled spot with a putty knife. With a sharp knife, level the shellac to make it even with the surface. Let it harden, and then smooth lightly with very fine sandpaper.

If the damage is severe, it may be necessary to insert a patch of wood that has been previously finished to match the scarred furniture. The damaged section must first be cut out, and the patch then cemented in place.

# Radio News

Continued from page 1

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 13, 1952

### Nutrition Conference Sept. 27 in Springfield

URBANA--Obesity, the number one adult nutrition problem in the United States today, will be discussed when the State Nutrition Conference meets at the St. Nicholas Hotel, Springfield, on September 27.

Workers from state health agencies will attend the conference, as well as representatives from colleges and universities. Lay persons interested in a practical approach to everyday nutrition problems are also invited.

Dr. Margaret Ohlson, head of the department of foods and nutrition, Michigan State College, will discuss the problem of overweight. Dr. Simon Rodbard, assistant director, cardio-vascular department, Medical Research Institute, Michael Reese Hospital, will discuss the effect of foods on high blood pressure and diseases of the blood vessels.

Another topic that is being debated in many communities is the question of the fluoridation of public water supplies to prevent dental caries. Dr. W. H. Tucker, commissioner of health, Evanston, will discuss this subject, from the standpoint of results of the long-time experiment in fluoridation among school children in Evanston.

The nutrition conference is sponsored annually by the Illinois Nutrition Committee. Its purpose is to provide technical advice on problems relating to nutrition and health.







# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 15, 1952

### Check the Durability of Rainwear Before You Buy

URBANA--If you are shopping for a raincoat this fall, study the label to find out how well the garment will shed water, advises Edna Gray, clothing specialist, University of Illinois.

Raincoats may be made of plastic sheeting or of woven fabric. If made of fabric, the material should be closely woven from fine yarn. It must also have a special finish to make it shed water.

The label should tell you whether the finish will last throughout the life of the garment or whether it will be removed wholly or partly with washing or dry cleaning. Both durable and nondurable finishes are widely used.

Some dry-cleaners are equipped to renew the finish on rain-resistant garments, but the results may be less satisfactory than the original finish.

For the average person, raincoats marked "water repellent" or "rain resistant" will give adequate protection. A double layer of the repellent fabric over the shoulders will help to keep you dry.

Garments made of plastic with sealed seams also give good protection. They are colorful and inexpensive, but have a tendency to rip or tear easily.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 16, 1952

### Dr. Tucker to Speak on Fluoridation of Public Water

URBANA--Dr. W. H. Tucker, commissioner of health, Evanston, Illinois, will discuss the fluoridation of public water supplies at the Fall Nutrition Conference, Saint Nicholas Hotel, Springfield, September 27.

Fluoridation to prevent dental caries is a question of live debate in many communities. Dr. Tucker will speak from practical experience on the subject, since Evanston has been the scene of a dental caries study since 1945. Sodium fluoride in a concentration of one part per million was added to the city water supply in February, 1947. During recent months dental examinations, including X-rays of the teeth of several thousand children six to eight years old, have been made.

Besides Dr. Tucker, other speakers at the conference will be outstanding specialists in medical and health fields. Other topics to be discussed deal with obesity and the effect of diet on disease of the blood vessels.

The Illinois Nutrition Committee sponsoring the conference invites the public to attend, as well as teachers, doctors, nurses, nutritionists, home advisers, dentists and public health representatives.

# Radio News

THE NEW YORK TIMES, NOVEMBER 11, 1934

## THE NEW YORK TIMES, NOVEMBER 11, 1934

The New York Times, November 11, 1934, contains a full page of news and features. The main headline is "The New York Times, November 11, 1934". The page is filled with various articles, including a long one on the left side and several shorter ones on the right. The text is arranged in a standard newspaper layout, with the masthead at the top and the main body of text below.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 17, 1952

### Labels Cost Money--Are You Getting What You Pay For?

URBANA--When you buy yard goods, do you know how the material will take washing or dry cleaning and whether or not it carries a guarantee concerning shrinkage?

This question comes from clothing specialist Edna Gray, University of Illinois, who says that this information is often yours if you will ask for it. Many manufactures of yard goods supply labels with their materials, but these tags sometimes fail to get into the package, and consequently the purchaser never sees them.

Labels give valuable information supplied by the manufacturer in the hope of giving you satisfaction. Labels also cost money, and this cost is added to the price you pay for the yardage. It's up to you to get your money's worth.

If the cloth is not labeled on the selvage, ask to see the label. Frequently it is a small card intended to be wrapped in the consumer's package. Sometimes, however, it gets tucked away in a store drawer or on the merchant's shelf and never reaches the consumer.

Labels often give tips on how to sew fabrics as well as how to wash or press them. They may also state the amount the fabric will shrink.

"Why not buy fabric that is labeled?" asks Miss Gray, "And why not get what you're paying for?"



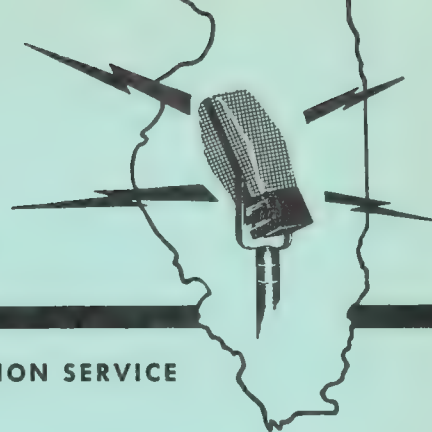
# 1944-1945

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

This marks the end of the "best buys" series for another year. The information has been offered throughout the summer as a shopping guide for homemakers and others who buy and use fresh fruits and vegetables. Lee A. Somers receives the information from prominent growers and others closely related to production and marketing in Illinois.

### Shop Around for Good Tomatoes

URBANA--Now is the time to buy tomatoes by the bushel for home canning and juicing. But it will pay to shop around. The supply of tomatoes for the state as a whole is quite erratic, and the quality is variable, according to Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture.

Green peppers and cabbage are local crops now at their peak in Illinois. Look for Michigan celery, green beans and acorn squash. Nearly all staple vegetables are good buys. Tokay and Thompson seedless grapes will fit into many families' budgets this week.

If you don't have to watch your budget too closely, you'll find handsome offerings among grapefruit, oranges, California plums and pears.

# Public Library

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 18, 1952

### A Floor Plan Helps Solve Decorating Problems

URBANA--When the thermometer drops from summertime highs, many a homemaker takes a cool look around her house and decides that "something has to be done."

"If you're one of these," says Dorothy Iwig, home furnishings specialist, University of Illinois, "you will save costly mistakes if you plan before you make the changes."

Most professional interior decorators won't even start to redecorate a room until they draw a floor plan to scale. This is a good idea for an amateur too, Miss Iwig says, and it's not hard to do.

Buy a scale ruler at the stationery store for a quarter. It will have measurements scaled  $\frac{1}{2}$  and  $\frac{1}{4}$  inch to a foot. A scale of  $\frac{1}{2}$  inch to a foot usually works out well. Now use a yardstick or a steel tape to take the floor dimensions of the room and draw it to scale. Be careful to put in doors, windows and other openings or projections.

Next take the floor measurement of the pieces of furniture you plan to use, and draw flat shapes to conform--rectangles, squares or circles. Cut them out and start rearranging the furniture on your floor plan. You'll find this will save your back muscles and also will

-more-





## A Floor Plan Helps Solve Decorating Problems - 2

save time in the long run. Daddy won't have to come in from raking leaves and move the piano to find that it won't fit between the window and the door.

Try various furniture groupings--a group for conversation--a group for games, a group for singing if you have musical members in the family.

If you think a new piece of furniture is needed and it is possible for you to get it, decide where you want to put it and what the best size will be. Furniture should be in proper proportion to the size of the room. Your floor plan will show you how out of place a huge divan or a king-sized desk will look in a small room, for example.

Take your floor plan with you to the furniture store. Frequently the salesman can make helpful suggestions.

EJ:mi

-30-

## Balance Furniture for a Well-Arranged Room

URBANA--Balance can be as important in your decorating scheme as it is in your budget. Dorothy Iwig, home furnishings specialist, University of Illinois, says balance makes the difference between a well-arranged room and one that looks "hit or miss."

By balance a decorator simply means that if you use a sofa on one side of your fireplace, you'll want a group of furniture that uses approximately the same amount of floor space on the other side. Or, if you have a large secretary, desk or breakfront at one end of the room, you'll need a grouping of similar proportions at the other end to keep the room from looking top heavy.

-30-

EJ:mi  
9/15/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 19, 1952

### Don't Let Poor Vision Handicap Your Child

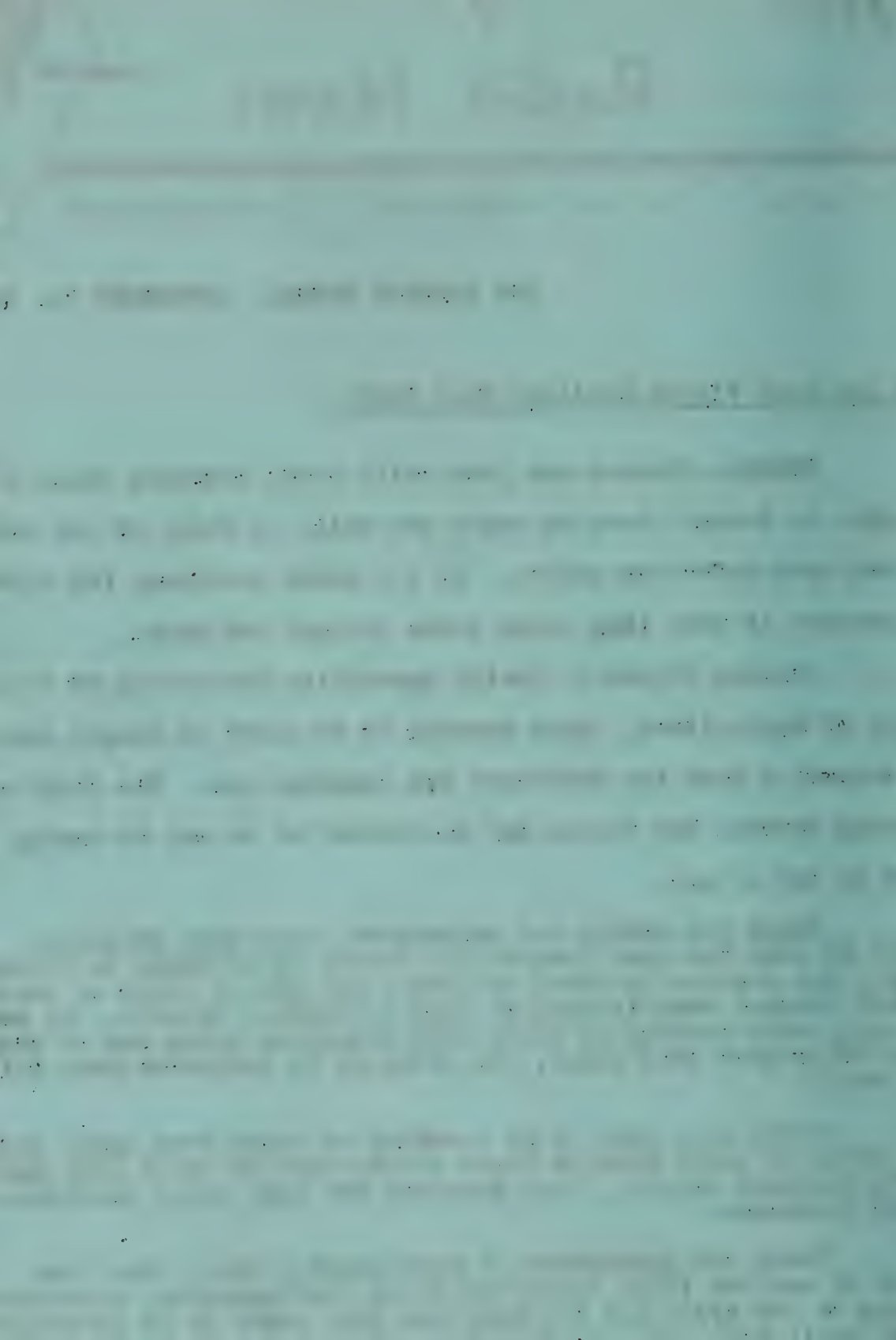
URBANA--Chances are your child won't complain about poor eyesight--he doesn't know he can't see well. A third of our school children have defective vision. It's a great handicap, for eighty-five percent of what they learn comes through the eyes.

Pauline Brimhall, health specialist, University of Illinois College of Agriculture, urges parents to be alert to danger signals that suggest a need for competent eye examinations. The child may be seeing double, his vision may be blurred or he may be having to strain to see at all.

Check his habits and mannerisms, says Miss Brimhall. Notice whether he rubs his eyes frequently, frowns or attempts to brush away a blur. See whether he shuts or covers one eye or tilts or thrusts his head forward when looking at near or distant objects. He may have difficulty with reading or other work requiring close use of his eyes. He may blink more than usual, cry often or be irritable when doing close work.

Watch out, too, if he stumbles or trips over small objects, holds books or small objects close to his eyes or can't play games that require distance vision. Poor eyesight can also cause dizziness, nausea and headaches.

Check the appearance of your child's eyes. Red rims, encrusted or swollen lids, recurring sties, inflammation, wateriness or crossing of the eyes--all are symptoms that ought to be investigated. A child can't help himself; parents must!





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 20, 1952

### Nutrition Conference Aims to Help Educators

URBANA--Teachers and nutrition workers who attend the State Nutrition Conference at the Saint Nicholas hotel, Springfield, September 27, will find the program planned with their needs in mind.

There will be an exhibit of new pamphlets and charts of educational materials that can be used in classrooms and adult classes. Some recent books on nutrition will be reviewed briefly.

Outstanding speakers from health and nutrition fields have been scheduled to give up-to-date information on current problems that affect every community.

One purpose of the conference is to promote nutrition education at all levels of school work and to extend nutrition education to lay persons in communities throughout the state. The public is invited to attend.

The Illinois Nutrition Committee, sponsoring the conference, was organized in 1940 and serves as a coordinating force to help agencies of the state work together on problems of nutrition and use of the food supply. The committee membership includes representatives from the Illinois Congress of Parents and Teachers, Illinois School Lunch Program, Division of Public Health Education and Illinois Home Economics Association.



# 1994-1995

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 22, 1952

### Most Crossed Eyes Can Be Remedied

URBANA--A cross-eyed child suffers a needless handicap--he can be helped, says Pauline Brimhall, health specialist, University of Illinois. The younger the child, the easier it is to help him.

Don't assume, as many do, that the young child will just outgrow crossed eyes. He won't. Don't assume either, Miss Brimhall warns, that because one or both eyes turn only occasionally, or when the child is tired, it is unimportant. Many cases of "squint" are of this type.

The important thing is to have the child examined by a competent specialist when he is young. Some forms of treatment can be started as early as the age of one year. If treated early, preferably before the child is four years old, crossed eyes can usually be corrected.

The eye specialist may recommend glasses, exercises for the eye muscles, placing a patch over the good eye or possibly an operation. "The operation is not dangerous. Its effect on the child is about like a tonsil removal," according to a recent statement by the National Society for the Prevention of Blindness.

-more-



## Most Crossed Eyes Can Be Remedied - 2

Don't delay, Miss Brimhall cautions. The younger the child, the easier it is to help him. If treatments are delayed, the child's vision is apt to be impaired or possibly lost.

Far-sightedness, faulty muscles, nervous incoordination, a blow on the head, heredity or disease may cause crossed eyes.

Any one of these factors may affect the ability of the two eyes to work together, causing one of the eyes to turn in, out or upward.

During the first three months of life, it's perfectly normal for a baby's eyes to "float." If the condition continues after the child is six months old, however, consult a competent eye specialist.

EJ:mi

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## Cowboy Boots Can Injure Children's Feet

URBANA--If young Bobby is going through a period of being a wild and woolly Westerner, the chances are he's teasing for a pair of fancy cowboy boots. Fern Carl, clothing specialist, University of Illinois reminds parents that regulation cowboy boots were originally designed for men who sat in the saddle all day, and not for active youngsters who run and play for hours at a time.

High, sloped heels and pointed toes aren't made for growing feet, Miss Carl says. However, it is possible to find shoes of good last with the high tops and fancy trimmings so dear to the juvenile heart. Look for a regulation heel, a rounded toe and soft leather that won't rub tender skin, and the small fry can have their glamour and their comfort too.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 23, 1952

### Plentiful Honey Crop Has Many Uses

URBANA--Two hundred fifty million pounds of honey is the estimated production of the nation's bees this year. That's a lot of work for the bees and a lot of good eating for American families.

There are many ways to use honey besides spooning its golden goodness over hot biscuits or your morning toast. It is an ideal sweetener--it's good for preserving or for use in sauces, candy, cakes and cookies.

Honey may be used in many recipes instead of sugar, as it has practically the same sweetening power. The flavor is delicate, subtle and delicious.

To guide you in the use of honey, here are a few suggestions from the U. S. Department of Agriculture:

In muffins, bread and rolls calling for a small amount of sugar, honey can replace the sugar measure for measure without any other adjustment.

In cakes and cookies which require a large amount of sugar, honey can be used measure for measure, but the amount of liquid must be reduced  $\frac{1}{4}$  cup for each cup of honey used. For example, if  $\frac{1}{2}$  cup

-more-



Plentiful Honey - 2

of honey is used, reduce the liquid by 2 tablespoons; for  $\frac{1}{4}$  cup of honey, reduce the liquid by 1 tablespoon. Better textured cakes are usually obtained when only half the sugar is replaced with honey. The liquid must still be reduced  $\frac{1}{4}$  cup for each cup of honey used. When you use honey in cakes, omit the vanilla. The honey will give enough flavor itself.

When honey is used in baking, a moderate oven temperature is best (350 to 375 degree F). High temperatures sometimes cause the product to brown before it has completely cooked.

Honey will run more easily from the measuring cup if you use the same cup to measure the shortening first.

Don't store honey in the refrigerator, as the cool temperature will cause it to crystallize. It should be stored at room temperature (about 70 degrees). If it crystallizes, it can be reliquefied by placing the container on a rack in a pan of warm water (150 degrees). Higher temperatures will cause honey to turn dark and lose some of its aroma and flavor.

For more information on honey and tasty recipes using this natural sweetener, write the University of Illinois, Urbana, and ask for the booklet, "How to Use Honey."





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 24, 1952

### Make an Apron for Your "Kneeling Chores"

URBANA--An apron with padded and waterproof sections that protect the knees will make your "down-to-earth" housecleaning chores easier. If you send for a University of Illinois leaflet, "Aprons for Kneeling Jobs," you'll be able to make your own patterns for two types of aprons.

One of the aprons consists of two free-hanging panels. Each panel is held in place by fastenings behind the knees so that from the front it looks like a pair of knickers. This knicker apron is comfortable for jobs that combine kneeling with active work

The other apron is designed with a reversible pouch arrangement across the bottom. When folded up, the pouch forms a pocket for carrying small tools or other items. When you want to kneel, simply unbutton the pocket and turn it inside out and over the knees. When lined with washable and waterproof plastic, the kneeling pocket is excellent for protecting the knees from soil and dampness.

For your copy of the illustrated folder, "Aprons for Kneeling Jobs--Indoors and Out," write to the University of Illinois College of Agriculture, Urbana.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 25, 1952

### Current Problems to Be Discussed at Conference

URBANA--Dr. Margaret A. Ohlson, head of foods and nutrition at Michigan State College, will discuss weight control at the Illinois Nutrition Conference on Saturday at the Saint Nicholas hotel in Springfield. Health and nutrition specialists, as well as teachers, home advisers and members of the medical and dental professions will attend the sessions, which open at 9 o'clock in the morning and continue through the afternoon.

The discussion on obesity, which is the number one health problem in the country today according to health authorities, is expected to attract wide attention. Dr. Ohlson will show a film that documents a four-month weight-reduction study in which the participants lost  $1\frac{1}{2}$  to 2 pounds a week on a 1400 calorie reducing diet.

Fluoridation of public water supplies and the effect of diet on diseases of the blood vessels will also be discussed. Dr. W. H. Tucker, commissioner of health, Evanston, Illinois, will talk on the results of the water-fluoridation experiments in Evanston. Dr. Simon Rodbard, assistant director cardio-vascular department, Medical Research Institute, Michael Reese Hospital will talk on the effect of diet on diseases of the blood vessels.

# Walt Whitman

Dr. J. H. Whitman, M.D., New York, N.Y.

Walt Whitman, M.D., New York, N.Y.

Walt Whitman, M.D., New York, N.Y.

Walt Whitman, M.D., New York, N.Y.

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Walt Whitman, M.D., New York, N.Y.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 26, 1952

### Roast Half A Turkey for Sunday

URBANA--Now you can have turkeys every day and not only on holidays. Grocers sell the birds in a size and style to meet any demand. And the supply for this fall is a record breaker, with an estimated 59 million gobblers in the pens. Storage stocks are larger than they were a year ago too, according to the United States Department of Agriculture.

With turkeys so plentiful and reasonable in price, why not treat your family to roast turkey next Sunday? If your family is small, see if you can't get half a turkey; halved lengthwise, it will give you both white and dark meat.

Here's how you go about roasting a half bird, according to food specialist Geraldine Acker, University of Illinois College of Agriculture: Tie tail and leg together, sew loose skin at neck so that it forms a pocket. Salt pocket and body cavity, and fill loosely with stuffing. Allow a scant  $3/4$  cup of dressing per pound of bird.

Cut heavy brown paper to fit over the cut side of the bird, grease or oil the paper and place over cut side. Lace across the bird with needle and cord, catching skin on each side. If you prefer, you can mound the stuffing on the paper on rack in roasting pan and place bird over stuffing.

Place cut side down in roasting pan. Brush with melted fat and cover with cheesecloth or light cloth moistened with fat or cooking oil. Roast in preheated oven set at 325 degrees F. Allow about 25 to 30 minutes per pound.

# 1981-1982

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 27, 1952

### How to Pan Vegetables

URBANA--At this season when there's such an abundance of fresh vegetables, why not double your blessings by serving them in a variety of tempting ways.

One quick, simple method you may not have tried is to pan certain vegetables. Food specialist Geraldine Acker, University of Illinois says that fresh tender cabbage, carrots, celery, okra, onions, potatoes, spinach and other types of greens are delicious cooked this way.

Prepare vegetables for panning by cutting them into thin strips or dicing them, says Miss Acker.

Melt a small amount of butter, margarine or drippings in a heavy pan--use about two to four tablespoons of fat for a quart of prepared vegetables.

Add vegetables and seasonings to the melted fat, cover the pan tightly and heat until steam begins to form. Then reduce the heat and cook until tender. You will need to stir occasionally to prevent burning.

# Radio News

THE NEW YORK TIMES, FRIDAY, JANUARY 1, 1938

WEDNESDAY, JANUARY 1, 1938

WASHINGTON, Jan. 1.—The Senate today passed a bill to amend the Federal Reserve Act, which would give the Federal Reserve Board the power to issue currency in the form of coins. The bill was passed by a vote of 74 to 16. The House of Representatives has also passed a similar bill, which would give the Federal Reserve Board the power to issue currency in the form of coins. The bill was passed by a vote of 287 to 107. The bill is now in conference committee.

NEW YORK, Jan. 1.—The New York Stock Exchange today opened with a slight advance. The Dow Jones Industrial Average closed at 151.14, up 0.14 from the previous day. The volume of trading was moderate. The market was generally quiet, with only a few scattered transactions.

WASHINGTON, Jan. 1.—The President today signed a bill to amend the Federal Reserve Act, which would give the Federal Reserve Board the power to issue currency in the form of coins. The bill was signed into law. The bill is now in conference committee.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 29, 1952

Note to Editors: This is the first of a series of five articles on sweaters.

### How to Tell Quality in Sweaters

URBANA--"Questioning Queen" is what merchants sometimes call the American sweater girl, for when today's college or working girl shops for sweaters she wants a lot of information about materials, quality, care and value.

Fern Carl, clothing specialist, University of Illinois, says one of the most accurate guides to quality in a sweater is a good label. Unfortunately, though, many sweaters are not adequately labeled. If you find a label, read it carefully.

If there is no factual label, ask for information. One way to estimate sweater quality is by feel and appearance, Miss Carl says. Developing a feel for quality may take a little time and practice, so here a few helpful hints!

Take the sweater in your hand and gently squeeze the fabric or slip your fingers into the sleeve. Sweaters should feel soft and light weight and yet full bodied and firm. Those of poor quality will feel harsh, rough and scratchy against your skin.

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## How to Tell Quality in Sweaters - 2

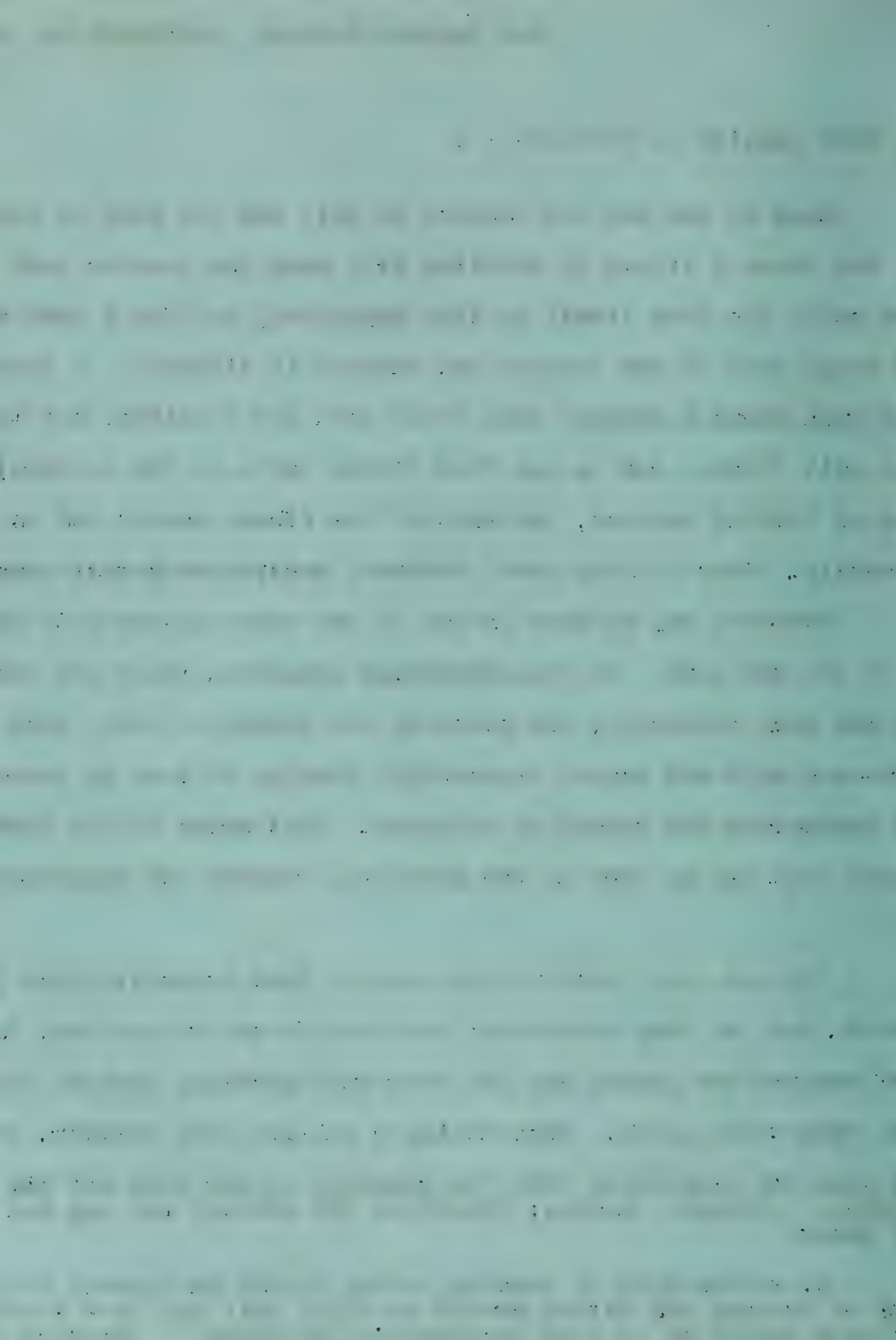
Look at the way the sweater is knit and the kind of yarn used. Too loose a stitch in knitting will make the sweater tend to sag and pull. The yarn itself is also important, so find a yarn end on the wrong side of the sweater and untwist it slightly. A loosely twisted yarn makes a sweater that feels soft and flexible, but will tend to pill (fibers rub up and form little balls on the surface). If yarn is tightly twisted, the ends of the fibers cannot rub up and pill readily. Some pilling must, however, be expected in most sweaters.

Sweaters may be made in one of two ways--either full fashioned or cut and sewn. In full-fashioned sweaters, which are the finest and most expensive, the parts of the garment--front, back and sleeves--are knit and shaped separately. Shaping is done by increasing or decreasing the number of stitches. This makes little fashioning marks that can be seen at the armholes, sleeves and sometimes the neck.

Cut-and-sewn sweaters are usually less expensive than full fashioned, and yet they can be both serviceable and attractive. In this type of sweater the pieces are cut from knit yardage, just as clothes are cut from woven goods. When buying a cut-and-sewn sweater, check to see that the lengthwise ribs run straight up and down and the cross-wise ribs, straight across; otherwise the sweater may sag and pull out of shape.

In either type of sweater, seams should be closely stitched, ribbing at sleeves and bottom should be tight knit and have elasticity, neck finish should be of firm construction, buttonholes should be closely spaced and reinforced and buttons should be of good quality--evenly spaced and securely sewed, with no loose threads dangling.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 30, 1952

### How Do You Rate As A Parent?

URBANA--Now that children are back in school and busy with activities and assignments, parents have a big assignment too. Marqueritte Briggs, child development specialist, University of Illinois, suggests that you test yourself on the following questions to see how you rate in your important assignment in parenthood. Answer honestly and see if you rate an "A".

Do you refrain from attacking the teacher, other children or the school system in the presence of your child?

Do you place less emphasis on grades and more on the over-all development of your child?

Do you plan your family's entertaining and other activities so that your child's food and rest habits are seldom disturbed?

Are you aware of the pressure that special lessons and extra-curricular activities puts on your child, and do you limit these activities so that they will not interfere with his school progress?

Are you ever guilty of writing fake excuses or frequent complaints to the teacher concerning your child? Such notes may get the child by the incident in question, but he may pay dearly in friendship and teacher approval.

Do you make a continual effort to see that your child does not feel different from his classmates in dress, intelligence, home life or privileges? To be comfortable and happy, he needs to feel that he is very much like his contemporaries.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 1, 1952

Note to the Editor - This is the second in a series of five stories on sweaters.

### Know Labeling Terms on Sweaters

URBANA--No one can "pull the wool over your eyes" when you buy a sweater if you're well informed, says Fern Carl, clothing specialist, University of Illinois. Since sweaters are considered a basic requirement in the wardrobe of the average American girl from the cradle through college, Miss Carl gives a few informative facts about them.

More sweaters are made from sheep's wool than from any other fiber. It is almost impossible for anyone but an expert to tell the actual quality of wool in a sweater. However, every wool garment is required by federal law to carry a label. Understanding the terms on the label will help you shop for quality.

The term wool means that only new fibers have been use. However, new wool wastes and clippings may also be included in yarns marked wool.

Reprocessed wool is usually made exclusively of such wastes and clippings, Because the fibers are short it will not wear so well as long-stapled yarns.

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# Health Affairs

Volume 22, Number 10 October 2003

Editorial Board: David Asch, MD, PhD, University of Michigan

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Know Labeling Terms on Sweaters - add 1

Reused wool is made from woven or knit materials that have been used or worn. Fibers of reused wools are usually too short for sweater yarns unless blended with better fibers, and even then they are inferior in quality. Such wool or blends are used only in lower priced merchandise.

Yarns in sweaters made from sheep's wool may be either worsted or woolen and are usually so labeled. Worsted yarns are considered superior for sweaters because they are made from long-stapled wool. Wool yarns, on the other hand, are made from short crisscrossed fibers. Although the yarn feels soft and fine and will wear well, sweaters made of wool yarns may have a tendency to pill (fibers rub up and form little balls on the surface).

"Zephyr" yarn is a type of worsted spun from very fine wool. It is very soft and is used only in finely knit sweaters.

"French spun" yarns are soft worsteds made of shorter stapled fibers than those ordinarily used. The term "French-spun" does not mean that the wool came from France.

Shetland wool comes from the Shetland Islands. The name is sometimes misused to indicate a fine, soft wool that is like Shetland but is not imported.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 2, 1952

Note to the Editor - This is the third in a series of five articles on sweaters.

### Man-Made Fibers Make Good Sweaters

URBANA--Nylon, orlon, vicara, new fibers from the scientists' test tubes, have special qualities that make them particularly adaptable for use in sweaters. These man-made fibers used alone or combined with each other or with wool are easy to care for and usually need no shaping or blocking.

The following suggestions on selecting and caring for sweaters of this type comes from Fern Carl, clothing specialist, University of Illinois.

Manufacturing processes have overcome most of the undesirable qualities of these new fibers. The first nylon sweaters, for example, were shiny, lacked the resiliency of wool, sagged, held fold wrinkles and did not measure up to wool sweaters in appearance. Nylon still is heavier feeling than wool and, like some wool sweaters has a tendency to pill (fibers rub up and form little balls on the surface). Because nylon fibers are strong, the little balls cling more stubbornly than on wool.

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Man-Made Fibers - 2

Two kinds of nylon are used in sweaters, virgin nylon and garnetted nylon fibers. Virgin nylon fibers are brand new and have never before been made into yarn. Garnetted fibers have been reworked from salvaged nylon waste. The reworking process breaks the fibers. When these fibers are spun, the resulting yarns are generally not so durable as those spun from virgin nylon.

Sweaters of garnetted nylon do not have the firm feel of virgin nylon. The color may be dull and grayish. The sweaters may pill badly and do not hold their shape. However, garments made from garnetted fibers are low in price.

Sweaters of virgin nylon are usually so marked, but those of garnetted nylon are rarely, if ever, so labeled. Either virgin or garnetted nylon may be labeled "all nylon," "100 percent nylon," or simply "nylon."

"Crimp-set" is a term used in connection with nylon. It means that normally straight nylon fibers have been crimped. The crimping is done to give the nylon a more wool-like quality--it makes the sweaters less shiny and gives a soft, springy feel.

Nylon is frequently blended with wool. It adds strength to the garment, shortens drying time and helps to retain shape.

Orlon, another new fiber being used in sweaters, has the advantages of drying quickly, not shrinking, and resisting moths. Orlon feels softer than nylon and is more wrinkle resistant. Its only disadvantage is that it has some tendency to become slightly fuzzy after laundering. However, it is resistant to pilling.

Vicara, a new fiber made from protein found in corn, is generally used in a blend with wool, or with wool and nylon. Sweaters of this combination of fibers are soft, more durable than wool and wrinkle resistant. They need special care in laundering, as vicara is weakened when wet.

A factual label is the best guide to quality and care of sweaters. In the absence of an adequate label, ask for information.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 3, 1952

### Children Frequently at Fault in Accidents

URBANA--Death overtook 400 children riding bicycles last year, and more than 15,000 riders were injured.

The children were at fault in three-fourths of these cases, according to the National Safety council. With such an appalling record, it's not surprising that schools, police departments, parent-teacher groups and civic organizations are combining their efforts to teach cycling safety.

Mrs. Ruth C. Freeman, family economist and coordinator of the Illinois Safe-Homes program, University of Illinois College of Agriculture suggests that parents can be the most effective teachers. She lists a few simple rules that every child should know and obey. They may save his life:

Obey all traffic signs and signals. Ride single file on the extreme right of the street. Stop and look both ways before riding out of driveways or from behind parked vehicles. Watch for cross traffic at intersections. Never carry another person on the handlebars, and never hitch on to cars or trucks.

Teach your child to put his headlights on early. A new reflectorized tape that reflects car lights for several hundred feet is recommended to provide added protection. For maximum safety, attach strips to front fender and handlebars as well as to rear fenders.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 4, 1952

This is the fourth in a series of articles about sweaters.

### Cashmere Sweaters Are Perishable and Require Special Care

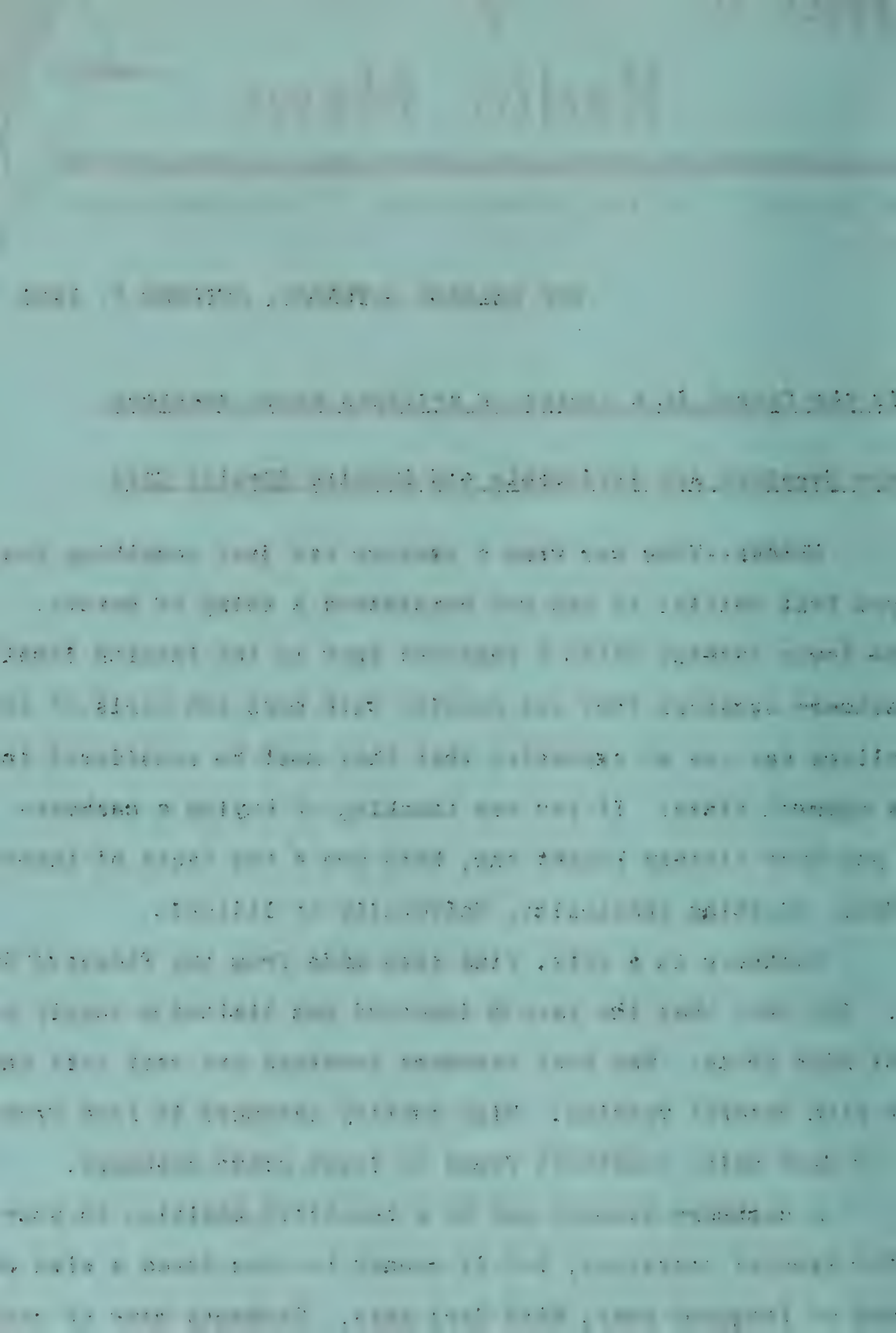
URBANA--Time was when a sweater was just something you put on when you felt chilly; it was not considered a thing of beauty. But today the lowly sweater holds a featured spot in the fashion limelight. The cashmere sweaters that are popular with boys and girls of school and college age are so expensive that they must be considered in the luxury apparel class. If you are thinking of buying a cashmere sweater or if you have already bought one, here are a few facts of interest from Fern Carl, clothing specialist, University of Illinois.

Cashmere is a soft, fine yarn made from the fleece of Cashmere goats. The fact that the yarn is imported and limited in supply accounts for its high price. The best cashmere sweaters are very soft and get softer with careful washing. High-quality cashmere is free from the black or dark hairs sometimes found in lower grade cashmere.

A cashmere sweater may be a beautiful addition to your wardrobe for special occasions, but it cannot be considered a wise choice for hard or frequent wear, Miss Carl says. Garments made of cashmere

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Cashmere sweaters - 2

yarns are expensive, require special care in washing and are so soft that they are extremely perishable.

Sometimes other fibers, such as sheep's wool, nylon, orlon or combinations of these fibers, are blended with cashmere in sweaters. Blending makes the fibers go further and thus lowers the cost. It also gives the garment extra strength and makes it more durable.

Cashmere sweaters need special washing care. Use a mild soap or a mild detergent solution and warm water (not over 125 degrees F.) Handle gently while washing, holding the sweater cupped in the hands. Never hold it by the shoulders and douse it up and down. Rinse thoroughly two or three time in warm water and squeeze--don't wring.

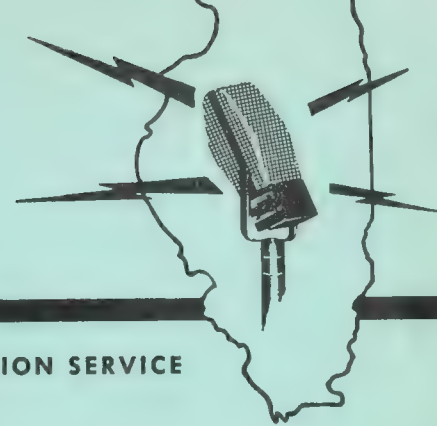
Because the softness of the wool fibers in cashmere makes the garment stretch when wet, special care in drying is also important. If you use a sweater stretcher, shape the sweater on the stretcher, and lay the stretch out flat; do not hang it up.

A good drying procedure is to draw a pattern of the sweater on cardboard before you wash it. You can use a suitcase but be sure there is no color on the box that will come off on the sweater. Wrapping paper is also satisfactory but the cardboard will give a firmer surface. Lay the wet sweater on the cardboard, and gently push it into its original shape, paying particular attention to the sleeves. Never hang a cashmere sweater on a hanger or on a line to dry. When the garment is thoroughly dry, shake it gently to fluff up the wool.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 6, 1952

### Slow Cooking Best for Eggs

URBANA--Be gentle with the eggs, lady! That's the secret of perfect cooking, says Mrs. Pearl Janssen, foods specialist, University of Illinois. Eggs are at their tender best when cooked at low temperatures. High temperatures make the white tough and rubbery.

Anyone can fry an egg, it seems, but some of the half-burned, leathery results would make the hen mighty unhappy.

Here's how to get a perfect fried egg, Mrs. Janssen says: Allow about eight minutes, and use a skillet with a tight-fitting cover. Use enough fat to cover the bottom of the pan. Melt the fat, but don't let it scorch.

Break eggs one at a time into a saucer, lower the saucer until it almost touches the bottom of the skillet, and then slip the egg into the pan. Cook over low heat until the whites are just set.

Now pour a teaspoon of water into the pan, pop the cover on tightly and turn off the heat. Steam from the water will finish cooking the eggs and will make a fine film over the yolks. Lift from the pan with a pancake turner and serve on a hot plate. Sprinkle with salt and pepper, and possibly a little parsley or paprika.

Eggs are nutritious and delicious, so make every one you serve a perfect treat.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 7, 1952

### Watch Out for Shrinkage and Mothproofing in Sweaters

URBANA--A factual, informative label is your best guide to care of sweaters. This is especially true concerning shrinkage and mothproofing. When you buy a sweater, study the label to find out these important facts, and then file the label away for further reference, says Fern Carl, clothing specialist, University of Illinois.

Wool sweaters mat and felt if they are washed in too hot water, if they are changed suddenly from hot to cold water or if they are rubbed vigorously. Once this has happened, it is impossible to bring the garment back to its original shape.

Many sweaters now have shrink-resistant finishes, but careful washing is still important. Wool is easily damaged by harsh treatment in laundering, and even sweaters that have been shrunk by the manufacturer may shrink slightly when washed. The label should state the percentage of shrinkage you can expect. Shrink-resistant finishes should apply also to all trims, such as ribbon facings in cardigan sweaters.

Many sweaters on the market now have a mothproof finish, but it is important to know how long the finish may be expected to

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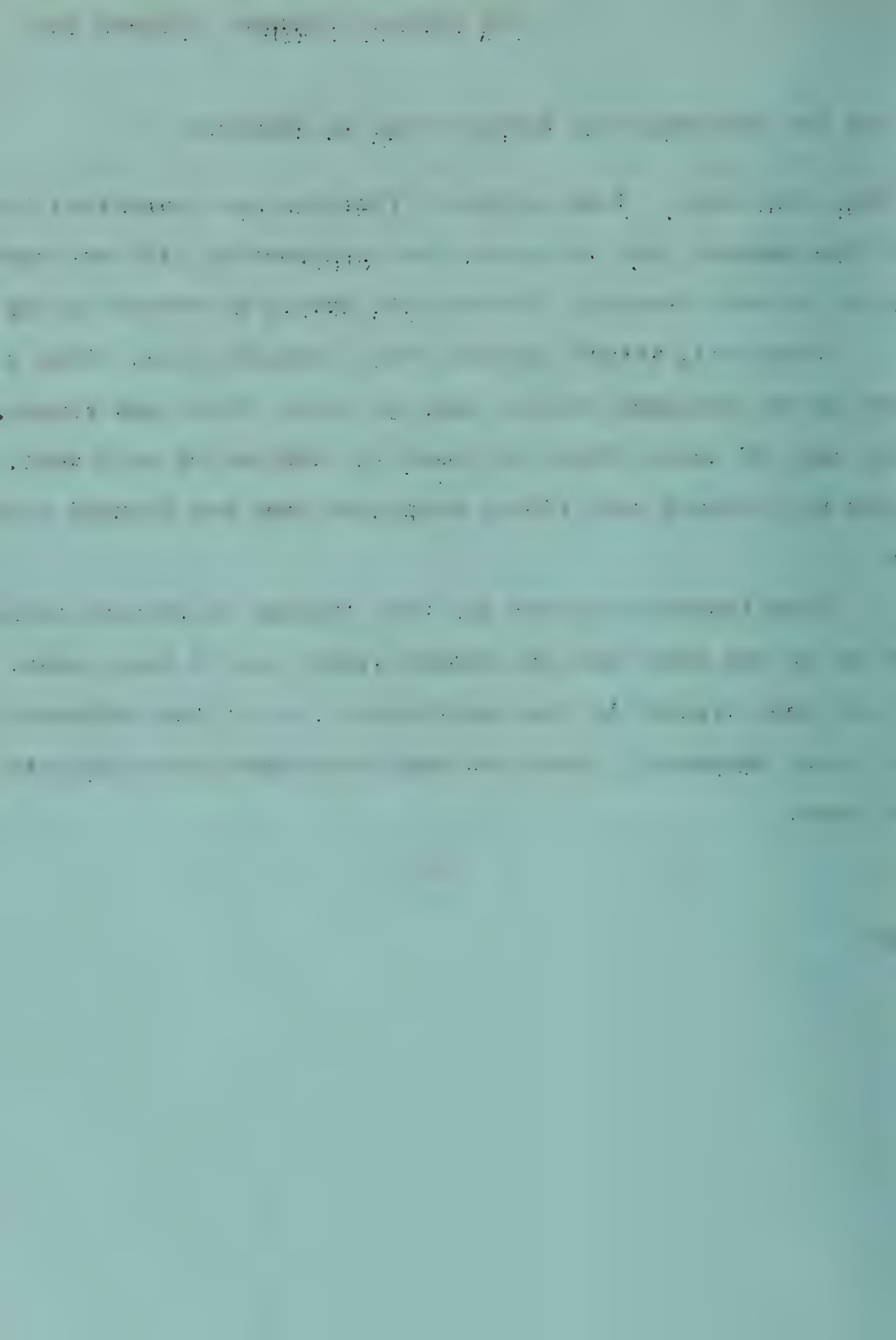


Watch Out for Shrinkage and Mothproofing in Sweaters - 2

last, Miss Carl says. Some mothproof finishes are guaranteed for the life of the garment, but in others the mothproofing will not survive laundering or dry cleaning. These facts should be stated on the label.

Moths will attack anything that contains wool. They will not feed on the man-made fibers, such as nylon, Orlon and vicara. However, many of these fibers are used in combination with wool, and the moths will attack wool fibers even when they are blended with other fibers.

Even though a sweater has been treated to prevent moth damage, to be on the safe side you should always put it away clean. If it has not been treated by the manufacturer, or if the mothproofing finish is not permanent, there are many moth repellents than can be used at home.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 8, 1952

### Match Variety to Use in Buying Apples

URBANA--It's apple-picking time in Illinois and apple-eating time for all the family. The versatile apple is one of America's favorite fruits. Homemakers shopping for good nutritive value and economy will match variety to use when they buy apples.

Jonathan apples are an all-purpose variety that is equally good for eating raw, for pie and for sauce. Golden Delicious, another variety to be found in the markets now, is considered a little better for baking than Jonathan and is also equally good for other uses. Delicious is an excellent eating apple but is not recommended for cooking.

Small-sized apples are frequently low in price and are a good buy for cooking and eating raw, says Anne Fluhr, foods specialist, University of Illinois. Little children find a small apple easy to hold and just filling enough for a between-meal snack. Small-sized fruit can also be used economically for applesauce. For the least waste and the best flavor and color, cook the apples without peeling and coring. Simply wash and stem the fruit, halve or quarter it and cook until tender in a small amount of water. Put the cooked fruit through a food mill or coarse strainer, and add sugar and seasoning while the mixture is hot.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 9, 1952

### Color-Fastness in Acetate Taffeta May Mean Loss of Finish

URBANA--Acetate taffeta has long been a favorite fabric for afternoon and evening dresses. It has had one drawback, however, in that the colors were sensitive to atmospheric gasses, and the garments sometimes faded even while hanging in the closet.

Edna Gray, University of Illinois clothing specialist, tells us that manufacturers are now using a new process to make acetate taffeta color-fast. Unfortunately, in so doing they have run into another difficulty. In some cases the new dyeing method sacrifices some of the permanent stiffness.

Fabrics made under the new dye process are sometimes called "solution dyed" or "dope dyed." If either of these terms appears on the fabric label, you may be sure of color-fastness, but you may find that there will be excessive loss of stiffness with even a slight amount of moisture. Moisture spots sometimes cause a whitish streak, or the area may become stiff and darken in color.

Manufacturers are experimenting to overcome this difficulty, and a taffeta that combines color-fastness and permanent finish may be expected before long.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 10, 1952

### For Frozen Cake Batters--Use Double-Acting Baking Powder

URBANA--You can keep frozen cake batter for two to three months in the freezer and still have a top-quality product. But if you hold the batter too long, the cakes baked from it will be coarse-grained and heavy.

Food research specialist Frances O. Van Duyne, University of Illinois College of Agriculture, suggests that you use double-acting baking powder in batters you plan to freeze. Use of pure vanilla is also recommended. Some experiments have shown that synthetic vanilla may cause discoloration and a change in flavor.

Cake batter is easy to package and takes less storage space than cakes that are baked first and then frozen. Cakes baked from frozen batter seem more moist and have a flavor more like that of freshly mixed and baked cakes.

When frozen cake batter is to be used, defrost it in a refrigerator overnight or at room temperature for about five hours. Pour the softened batter into a greased loaf pan or into layer pans lined with waxed paper. Leave at room temperature for 10 to 20 minutes before baking.





FOR RELEASE SATURDAY, OCTOBER 11, 1952

New Variety For Baked Apples

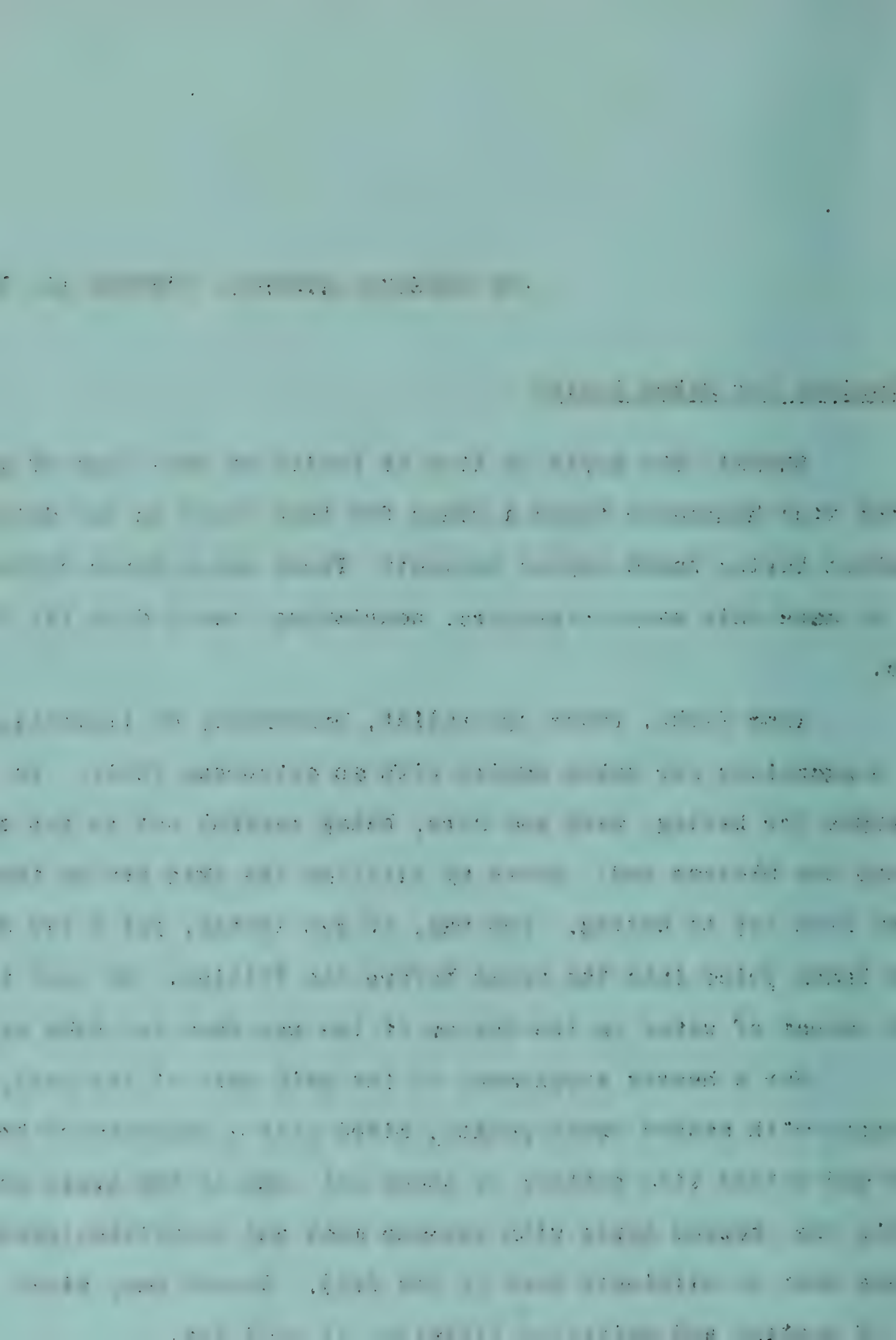
URBANA--The apple is king of fruits at this time of year, and the wise homemaker finds a place for this fruit in her daily menus. How about having baked apples tonight? There are a dozen different ways to make this easy-to-prepare, nourishing, tasty dish fit into your meals.

Anne Fluhr, foods specialist, University of Illinois, gives some suggestions for baked apples with an epicurean flair. To prepare the apple for baking, wash and core, being careful not to cut clear through the blossom end. Score by slitting the skin around the fruit midway from top to bottom. You may, if you choose, put a few drops of fresh lemon juice into the apple before the filling. Be sure to put a small amount of water in the bottom of the pan when you bake apples.

For a hearty supplement to the main part of the meal, fill the apple with mashed sweet potato, mixed with a teaspoon of brown sugar and dotted with butter; or scoop out some of the apple center and mix the chopped apple with sausage meat and cornflakes (precook the sausage meat to eliminate some of the fat). Ground ham, mixed with a dash of mustard and moistened slightly, is good too.

-more-





New Variety For Baked Apples - 2

Try some of these suggestions for baked apples that may be used as accompaniments to the main course or for dessert: Dried prunes--pitted of course--sugar and walnuts; raisins, nuts and brown sugar; orange marmalade; equal parts of molasses and sugar (about a teaspoon of each to an apple) and cinnamon and orange juice; crushed pineapple or cranberry sauce; mincemeat; honey and generous amount of butter or margarine; dried figs and a teaspoon of water per apple.

You will find that any or all of these add up to good eating!

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EJ:hi  
10/8/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 13, 1952

### Fall Is the Time to Check Child's Health

URBANA--The time to have a routine health examination for your child is not when he is sick, but when he is well. Fall is an ideal time for the annual checkup, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

In a thorough health examination, the doctor will check on height, weight, eyes and ears, including vision and hearing tests, throat, lungs, heart, abdomen, posture and feet. He will also give blood and urine tests to check for anemia and possible infections, and any other laboratory tests that might be indicated.

You can ask him at this time about immunization and booster shots.

Periodic health examinations and the protection of health are as important for the school-age child as for the baby.

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10/8/52

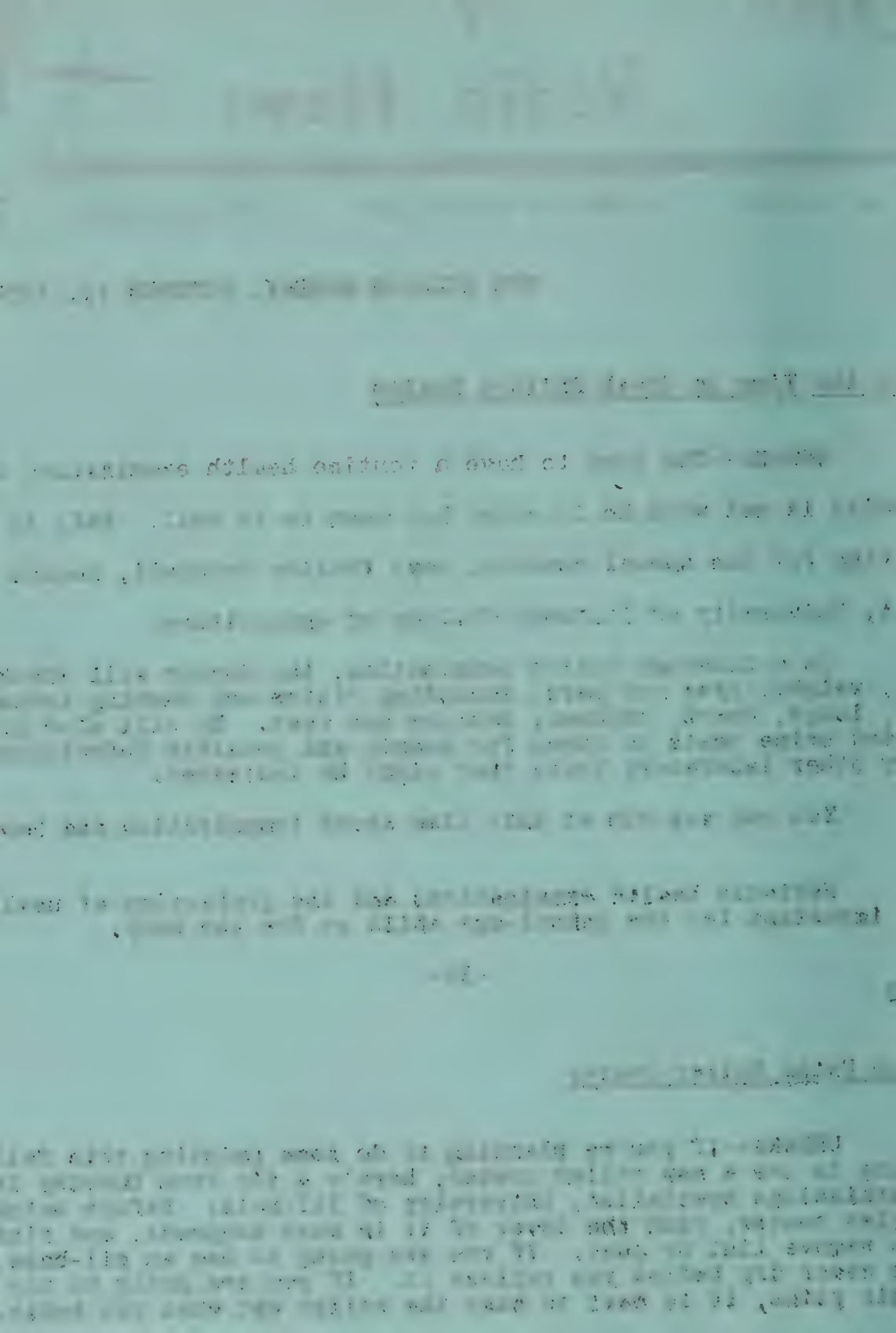
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### Hints on Using Roller Coater

URBANA--If you're planning to do some painting this fall and are going to use a new roller coater, here's a tip from Dorothy Iwig, home furnishings specialist, University of Illinois: Before using a new roller coater, wash the cover of it in warm soapsuds, and rinse it well to remove lint or dust. If you are going to use an oil-base paint, let the cover dry before you replace it. If you are going to use a water-mix paint, it is best to have the roller wet when you begin.

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EJ:m1  
10/8/52





FOR RELEASE TUESDAY, OCTOBER 14, 1952

Toys of Sponge Rubber Are Cuddly and Washable

URBANA--Many a toddler will find a doll or animal stuffed with foam or sponge rubber under the Christmas tree this year. This material, relatively new in the toy field, has the advantage of being washable as well as soft and cuddly. These attributes make the toys as appealing to the mother as to the youngsters, says Margueritte Briggs, child development specialist, University of Illinois.

In most cases the sponge rubber is covered with Turkish toweling or other cotton fabric. The toys look as if they would be durable; and this fact combined with easy washability, may compensate for their fairly high cost. A toy about five or six inches tall costs about a dollar.

Most manufacturers have given some thought to safety too by eliminating glass eyes, buttons or whistles that could be picked out and possibly swallowed by curious tots. Toys made of sponge or foam rubber that are not covered with fabric have not proved practical, because children can pull them apart or bite off pieces of them.

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10/10/52

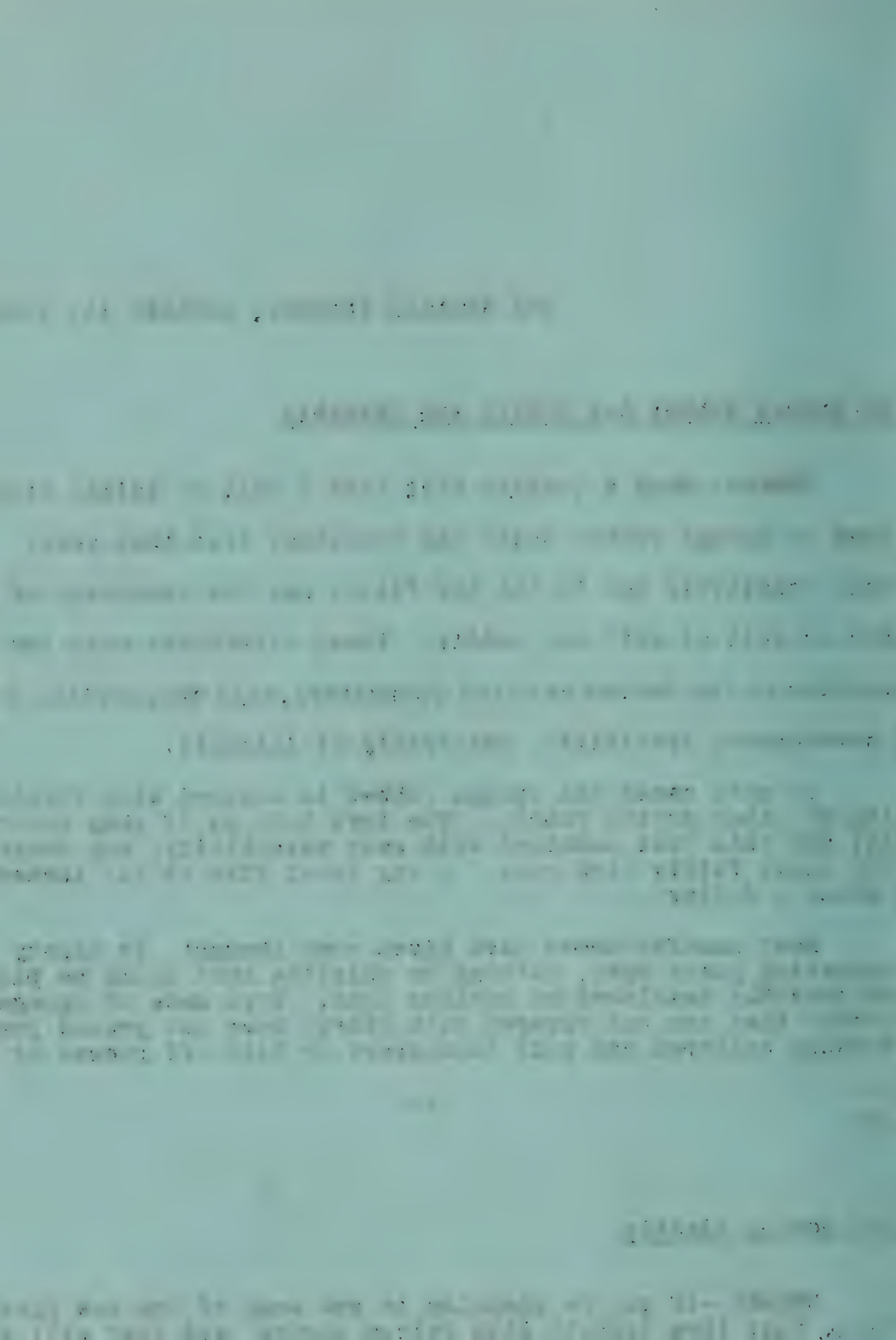
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Tips for Sewing Plastic

URBANA--If you're planning to sew some of the new plastic materials, dust them lightly with talcum powder, and they will sew more easily says Fern Carl, clothing specialist, University of Illinois.

EJ:mi  
10/10/52

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FOR RELEASE WEDNESDAY, OCTOBER 15, 1952

Variety Suggested for Stewing Chickens

URBANA--Stewing chicken is a good buy for the homemaker right now. This versatile bird lends itself to many dishes besides the old favorites, chicken and dumplings and chicken pie. "Why not introduce the family to stewing chicken in an exotic and different dress?" asks Dr. Mary Fuqua, foods specialist, University of Illinois.

Several recipes call for precooking the bird, and steaming is frequently suggested. Steaming brings out the fine flavor of poultry. Either a whole or disjointed bird may be cooked in this way. A pressure cooker or covered pot may be used.

Cooks from other countries have a way of their own with a bird, and many of their recipes are adaptable to the American family table. Chicken cacciatore is a tasty Italian dish that combines chicken with spicy tomato sauce. It is particularly good with spaghetti or rice. Chicken croquettes and chicken a la king, which both come to us via the French, are delicious dishes for company meals as well as for family fare. Chicken chop suey and curried chicken with rice have an oriental flavor and are hearty dishes for autumn meals.

-more-



Chicken Dinners - 2

Fried chicken is as American as Uncle Sam, and this standby can be adapted to a stewing hen too. Steam the bird first, cool it and slip the meat from the bones in large pieces. Dip the boneless pieces in egg, then in seasoned flour or in a thin batter and drop into hot deep fat just long enough to brown.

The small pieces and left-over bits can be made into a chicken biscuit roll for another meal. Combine chicken bits and a little grated onion with enough thick gravy or cream sauce to moisten and spread on rich biscuit dough. Be careful not to get too much liquid in the filling. Roll the dough as for a jelly roll, seal the edges with a little milk and bake. Mushroom sauce (mushroom soup diluted with cream or chicken stock) or cheese sauce is a good accompaniment.

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Save that Veil

To revive your hat veil when it gets a little droopy, press it over a piece of waxed paper. This will restore the crispness and make the veil last longer, says Fern Carl, clothing specialist, University of Illinois.

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10/10/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

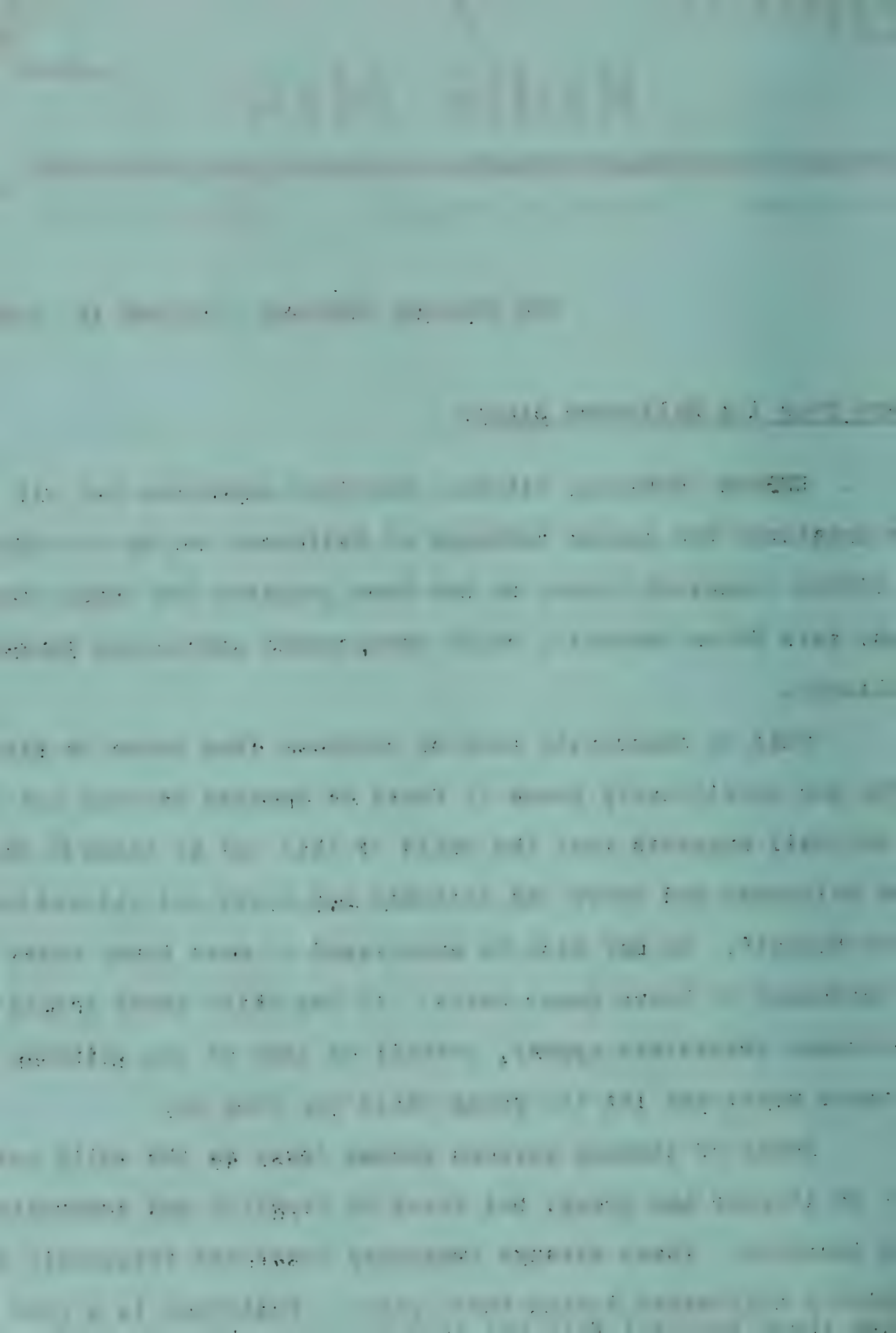
FOR RELEASE THURSDAY, OCTOBER 16, 1952

### Prepare Tots for Halloween Sights

URBANA--Goblins, witches, horrible skeletons and all the other creatures who appear suddenly at Halloween can be terrifying to a little youngster unless he has been prepared for these strange sights, says Helen Marshall, child development specialist University of Illinois.

This is especially true of children from three to six years old who are particularly prone to fears of strange persons and objects. Miss Marshall suggests that the child of this age be taken to the store before Halloween and shown the costumes and masks and allowed to select one for himself. He may also be encouraged to make funny masks at home from cardboard or brown paper sacks. If the child seems afraid when the costumed pranksters appear, prevail on some of the children to remove their masks and let the young child try them on.

Fears of strange persons become fewer as the child enters the 7- to 10-year age group, but fears of fanciful and supernatural bogies increase. These strange imaginary creatures frequently fill the child's nightmares during these years. Halloween is a good time to bring these fanciful folk out into the open and demonstrate that they are not really terrifying at all.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 17, 1952

### Today's Boy May be Handier Than Dad

URBANA--Husbands of tomorrow may be a lot handier around the kitchen than their dads if enrollment in home economics 4-H projects in Illinois can be considered a reliable indication. Statistics from the University of Illinois extension service reveal that boys are enrolling in food and clothing classes right along with the girls, and doing very well too. Outdoor cooking, cookie and cake baking are the most popular choices of the male sex, figures show.

Women are not the only ones who are clothes conscious either, for boys are enrolling in clothing projects. Coordinating their wardrobes and shopping for quality interest them particularly.

Girls are showing a lot of interest in food preparation, nearly 2,000 having signed up for projects in "Make Good Things with Milk and Eggs" and about 1,800 taking projects in making quick breads.

Handicraft projects designed to appeal to both boys and girls drew an increase of 372 over last year's registration.

All in all, more than 30,000 boys and girls took part in 4-H home economic projects in the state this summer.



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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 18, 1952

### Plenty of Raisins and Plenty of Uses

URBANA--A bumper crop of grapes this year is the word from the United States Department of Agriculture. Since vintners are using less of the crops, quantities of grapes and raisins are finding their way to the American table.

Raisins have long been known to be a source of iron, but they are a good source of food energy as well, says Anne Fluhr, food specialist, University of Illinois.

There are so many uses for raisins that you will have no trouble at all thinking of a dozen ways to introduce them into family menus. Seedless raisins may be added whole to almost any recipe for bread, cake, cookies, muffins or puddings. Raisins offer possibilities for adding variety to salads and sandwiches. They are also good in stuffings for meat or poultry and in meat sauces.

Youngsters love raisins in their school lunch boxes. This fruit satisfies their taste for sweets and provides extra nourishment as well.

A pound of raisins equals about two and a half cups. To plump raisins, wash them and put them in a colander, place over boiling water and steam for about five minutes.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 20, 1952

### Better Weigh the Consequences

URBANA--Dr. Leonard Scheele, surgeon general of the United States Public Health Service, says that one out of every five persons in this county is too fat and may die early because of it.

Insurance company statistics support the fact that the many persons in the United States are overweight. Studies have shown that overweight not only tends to shorten life, but is a definite threat to health, especially after 30 years of age.

Overweight persons are more subject to fatigue, more prone to accidents and poorer surgical risks than people of normal weight. They are also more apt to develop diabetes, high blood pressure, gall bladder disease, and foot and back trouble, says Pauline Brimhall, health specialist, University of Illinois.

In May 1951 a national life insurance company launched a nation-wide weight-control campaign in cooperation with the American Medical Association, Public Health Service, American Heart Association and American Diabetes Association. In Illinois the weight control program is being sponsored by the State Medical Society and the State Department of Health.

Since overeating is apparently the cause for 95 per cent of all cases of overweight, the educational campaign is stressing the importance of diet carried out under medical supervision.

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FOR RELEASE TUESDAY, OCTOBER 21, 1952

Cowboy Shirts Make a Delightful Gift

URBANA--Colorful cowboy shirts are the delight of the young set all the way from age two to twenty. If you have someone on your Christmas list in this age group, why not start now to make a gay shirt?

Such a gift is sure to bring cries of delight on Christmas morning. If you select materials that are washable, the shirt will be practical as well. Edna Gray, clothing specialist, University of Illinois, suggests rayon flannel, rayon or rayon and cotton gabardine, Indianhead, cotton twill or cotton flannel. Since you will probably be using several colors in the shirt, be sure all of those you use are fast to washing, Miss Gray warns.

Put the decoration on yoke, collar and cuffs before you make the shirt. The pieces are easy to handle and the decoration is usually simple. Some patterns have curved bound pockets. If you are a beginner in sewing and are afraid the fancy pockets will give you trouble, leave them out or substitute patch pockets shaped in a curve.





Grapes Plentiful and Cheap

URBANA--Grapes are plentiful and reasonable and are being featured in many local markets. The crop from California was bountiful, and vintners are processing fewer grapes this year, so an added supply is coming to market, says Lee Somers specialist, University of Illinois.

The Emperor grape is reaching local stores now and will continue in quantity until March or April. The Emperor is to the grape market what the Ben Davis was to the apple trade for many years.

Like the Ben Davis, the Emperor looks good, stores well and ships extremely well. The clusters are large; the fruit is a deeper red and a little more elongated than the popular Tokay; the flavor is fair.

EJ:hi

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Watch Out for Shock

URBANA--Before cleaning the electric stove--either the top units or oven--be sure to turn off all switches, says Catherine M. Sullivan, home management specialist, University of Illinois. Water and electricity don't mix. Let the stove cool before scrubbing it. Washing the surface while it is hot may cause the enamel to crack.

-30-

EJ:hi  
10/17/52



FOR RELEASE WEDNESDAY, OCTOBER 22, 1952

Year-Round Housecleaning Best

URBANA--Crisp October days mean fall housecleaning to many homemakers. These semiannual bouts with dust and dirt are frequently overtaxing. The house emerges bright, shining and spotless, but the homemaker ends up worn, aching and exhausted.

Catherine M. Sullivan, home management specialist, University of Illinois, suggests that you ask yourself whether all this concentrated effort is necessary. With a little careful planning and organization, couldn't you put your housecleaning on a year-round schedule and eliminate crowding all the heavy, hard work into a short span of time?

Here are some of the special tasks that must be done to keep any house well groomed, Miss Sullivan says: removing soil, such as washing floors, walls and windows; organizing, such as storing out-of-season clothing and bedding; renewing or refinishing, such as painting walls and furniture; deciding and taking action on things to be discarded, such as cleaning closets, magazine shelves and drawers; doing special laundry or cleaning, such as curtains, blankets, slipcovers and draperies.

Why not list all of your special semiannual jobs and see whether you can arrange to do some of them each month? Set aside a specific time each week for these extras. You will find that you work faster and more efficiently, too, when you don't overtire yourself by crowding too much work into a few cleaning days.





FOR RELEASE THURSDAY, OCTOBER 23, 1952

Safe Milk Is Pasteurized Milk

URBANA--Many diseases, such as scarlet fever, septic sore throat, diphtheria, and typhoid fever, may be transmitted to humans through raw milk, says Pauline Brimhall, health specialist, University of Illinois.

Dr. George Woods, University of Illinois College of Veterinary Medicine, says that testing the herd annually for brucellosis and tuberculosis is recommended, but it is always possible for infection to occur after testing has been done. Even though cows have been tested, it is practically impossible to be sure at any time that a herd is free from disease.

Pasteurization will give your family extra protection against disease, and it is easy to do at home, Miss Brimhall says. Recent surveys show that seventy percent of the milk sold through regular retail channels is pasteurized, but many farm families still drink raw milk.

The Division of Dairy Technology, University of Illinois, suggests the following easy home method of pasteurization: To prevent and retard growth of bacteria, the milk should be pasteurized within two

[illegible]

Safe Milk - 2

hours after it comes from the cow. All the equipment that is needed is a cooking thermometer and a double boiler with a hole cut in the lid.

Put the milk in top part of double boiler and cover with lid. Insert thermometer in hole in lid, extending it one or two inches into the milk. Wrapping a rubber band around the thermometer will make it fit snugly and protect it from breaking. Put the container into bottom part of double boiler which has been partly filled with warm water. Heat to 165 degrees F. Do not stir, and do not remove the lid during heating. When temperature reaches 165 degrees, remove container of milk and place in cold water. Cool rapidly, changing the water when it becomes warm. Place cooled milk in bottles that have been washed with soap and water, rinsed and scalded. Store in refrigerator. Milk pasteurized by this method will have a slightly cooked flavor.

EJ:hi

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Laundry Hint

URBANA--Keep a stiff brush near the laundry tubs or washing machine. Brush pockets inside and out, cuffs of slacks and similar dirt-catching spots before putting garments into the wash, advises Fern Carl, clothing specialist, University of Illinois. Collars, cuffs and spotted areas are benefited by brushing with soap or detergent before they go into the washer.

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EJ:hi  
10/20/52





FOR RELEASE FRIDAY, OCTOBER 24, 1952

Distinguish Between "Vat-Dye" and "Vat-Color"

"Vat-dyed and "vat-colors," terms used on some labels for printed fabrics, mean two entirely different things. Don't be confused by them, warns Edna Gray, clothing and textiles specialist, University of Illinois College of Agriculture. Since the two terms sound alike, the casual shopper may easily mistake one for the other.

Vat-dyed, when used on labels for cottons, linen, and rayons, means that the color is fast. Vat-colors, on the other hand, may not be fast.

When vat-colors are printed entirely on the surface of the cloth like paint, they may crack and rub off. A vat-color will not be the fast color the consumer may think it is when she buys it.

Vat-colors are sometimes used on large prints. To test these colors before you buy, rub a clean white handkerchief over the surface of the print, and note whether or not the dye rubs off.

An informative label may state whether the fabric is vat-dyed or vat-colored, but such labels are not always provided with the materials. If the fabrics are not labeled, ask the clerk for this information, advises Miss Gray.



*Journal of Interpersonal Violence* 26(10)

SUBJECT MATTER COVERED BY REPORT

1. The first step in the process of the investigation is the identification of the problem. This is done by the investigator who is responsible for the study. The investigator must first identify the problem and then determine the scope of the study. The next step is to design the study. This involves determining the research objectives, the research questions, and the research hypotheses. The investigator must also determine the appropriate research methods and the data collection techniques. The third step is to collect the data. This involves the actual gathering of the data from the subjects of the study. The fourth step is to analyze the data. This involves the use of statistical methods to analyze the data and to draw conclusions from the results. The final step is to report the results. This involves the preparation of a report that summarizes the findings of the study and the conclusions drawn from the results.

[illegible]

FOR RELEASE SATURDAY, OCTOBER 25, 1952

Watch That Fire!

URBANA--The acrid smoke of burning leaves is a pleasant part of the fall scene, but the fragrance loses its charm if it is mingled with the smell of a burning building. No one ever plans to burn his house down when he starts a leaf or brush fire. Yet each year thousands of such fires get out of control, and damage runs into astounding figures.

Most towns and cities have regulations about brush fires, so before you ignite that pile of leaves check with the fire department, says Mrs. Ruth Freeman, family economics specialist, University of Illinois, and chairman of the Illinois Home Economics Extension Safety committee.

Here are a few safety recommendations from Mrs. Freeman:

Burn leaves in small piles, a few at a time. Have the garden hose handy, attached and ready to use. If you have no hose, keep a bucket of water near by. If you use a broom to sweep up burning scraps, soak it in water. Don't leave smoldering piles of ashes in the gutters. A motorist, unaware of the danger, may park his car on the spot, and the results may be disastrous.

Watch the youngster! More than one-fourth of the children between the ages of one and four years who lose their lives in accidents die of burns, according to recent statistics from a national life insurance company.

Constant vigilance is most important of all. Most brush fires get out of hand when the person in charge leaves for even a few minutes.

Remember when you're playing with fire--watch out!



FOR RELEASE MONDAY, OCTOBER 27, 1952

Good News for Hosiery Buyers

URBANA--Retail prices of nylon stockings have gone down. That is good news for American women, who buy more than 576 million pairs a year. The O.P.S. has announced that price ceilings have been removed from nylon hosiery. Such action is taken when wholesale prices of a commodity stay well below ceilings over a period of several weeks.

Although most women buy stockings more often than other wearing apparel, many of the labeling terms used on hosiery are not clearly understood, says Edna Gray, clothing specialist, University of Illinois. Understanding what these terms mean should help you shop wisely and save on your hosiery budget.

Gauge indicates the number of stitches in  $1\frac{1}{2}$  inches of knitting--the higher the number of stitches, the finer the knit. When the stitches are smaller and closer together, stockings have more "give" and are less apt to be strained to the bursting point.

Denier indicates the weight of the yarn. The smaller the number, the finer the thread. For example, 15 denier is fine thread, 50 denier is heavy thread.





FOR RELEASE MONDAY, OCTOBER 27, 1952

Good News for Hosiery Buyers - add 1

Buying correct size and shape is important because, unlike rayon, silk or cotton, nylon hose have little give or stretch in length or width. Most persons take a half or a full size larger in nylon than in silk or rayon.

Stockings come in several lengths, and measurements are practically standard. Hose marked short measure 28 to 29 inches; medium measure 30 to 32; long measure 33 to 35 inches. The correct length for your use depends not only on the length of your leg, but also on the length of hose supporters. To lessen strain, garters should always be fastened in the reinforced top of the stocking.

Proportioned is a term used by some manufacturers to indicate the proportion of leg length to circumference. Proportioned stockings are sometimes marked A, B, C and D. Type A is for short legs or average-length legs that are very thin. Type B is for average legs, for short, heavier legs or for long, very thin legs. Type C is for long legs or for those that are average in length but heavier than average. Type D is for the tall woman or the woman with very heavy legs. Outsize stockings are for women with extra-heavy thighs. Tops of this type of stocking will stretch to as much as 31 inches.

Many nylon stockings have informative labels that state these details and frequently give instructions on washing and care. "Read the label," says Miss Gray, "A wise buyer is a careful buyer."

THE HISTORY OF THE UNITED STATES

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FOR RELEASE <sup>TUESDAY</sup> ~~THURSDAY~~, OCTOBER 28, 1952

Save on Stocking Snags With Careful Handling

URBANA--Nylon stockings don't wear out; you snag them out. With this in mind, Edna Gray, clothing specialist, University of Illinois, makes these suggestions for home safety for your hosiery:

Stockings get snagged in bureau drawers or in washing about as often as they do in wearing. In the stores hose are wrapped separately and stored in boxes. Using similar precautions at home will cut down on snagging, says Miss Gray. You can protect hose from rough spots in bureau drawers by packing them in boxes or plastic pockets made especially for this purpose.

Always wash nylons before you wear them. The hose are treated with a finish to protect them in the final production processes, and this finish should be washed out before the stockings are worn. Laundering restores their natural elasticity.

Some hosiery manufacturers recommend wearing gloves when you wash hose. Special nylon mitts for this purpose are sometimes sold at hosiery counters. Also available at hosiery counters are nylon marquisette bags in which several pairs of stockings can be taken through the hand wash at one time without danger of snagging.

Whatever your washing method, be sure to use mild soap-flakes and warm--not hot--water, and avoid rubbing, twisting or wringing. Thorough washing and rinsing are important. Two rinse waters are better than one, and sometimes two washings are needed. You may roll the stockings in a Turkish towel to remove some of the moisture, or hang over a smooth rack in the house to dry.





FOR RELEASE WEDNESDAY, OCTOBER 29, 1952

Look Out--You'll Fall!

URBANA--Don't climb to your downfall when you do those extra household tasks that require reaching the high spots, says Catherine M. Sullivan, home management specialist, University of Illinois. When you need to climb to reach a light fixture, top shelf or window, don't hop up on the nearest chair, Miss Sullivan warns. Many a homemaker has found herself with a broken bone or a bad sprain from this sort of ill-advised climbing.

A sturdy kitchen stepladder is good safety insurance for high household tasks. Be sure that the ladder has a wide base and is well balanced, that the steps are close together, and that each step is wide enough to provide firm footing. Most kitchen stepladders have a locking device that holds the ladder firmly in an open position. Check this too--a short way up can be a long way down!

EJ:hi

-30-

Tips On Cleaning Oven

URBANA--To remove stubborn stains from the oven, rub them with household ammonia, says Catherine M. Sullivan, home management specialist, University of Illinois. For stubborn stains, soak a cloth in ammonia and leave in the oven with the door closed for a few hours. Then wash with warm soapy water, rinse and dry.

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EJ:mi  
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FOR RELEASE THURSDAY, OCTOBER 30, 1952

Apple on a Stick Is Fun to Make

URBANA--Children like to help make apples on a stick. This confection is a delightful between-meal treat that will satisfy a youngster's sweet tooth as well as provide fruit in his diet.

Ann Fluhr, foods specialist, University of Illinois College of Agriculture suggests using a tasty taffy, caramel or chocolate coating. After the fruit has been dipped in the sirup, it can be whirled in crushed peppermint candy, chopped nuts or coconut.

Small or medium sized apples can be used. The fruit must be thoroughly dry before dipping, or the sirup will not stick to it. Insert a wooden stick in the stem end of the apple, and twirl in the sirup. If the sirup becomes too thick, set it in a pan of hot water to maintain a liquid consistency during dipping. Place fruit on a rack to dry. If it is placed on wax paper, the candy will stick to the paper and is sometimes hard to get off.

An easy chocolate coating can be made by using small chocolate candies. Melt the candy in the top of the double boiler and add about two tablespoons of milk. Half a package of chocolate bits will dip five or six small apples.



FOR RELEASE FRIDAY, OCTOBER 31, 1952

Consider Duty as Well as Beauty

URBANA--When you decide to redecorate your home, consider practicability as well as style and beauty, advises Dorothy Iwig, home furnishings specialist, University of Illinois. This is especially important if your decorating budget is limited. For example, flat paint is high in style and popularity right now and is a favorite of decorators, who like its soft effect. However, it is not always a wise choice for woodwork, especially doors and door frames that require frequent washing, says Miss Iwig. Flat paint can, however, be used effectively on walls that do not require frequent washing. Its lack of shine makes it pleasant to look at because it does not reflect light.

If you're painting an area where there may be lots of finger prints, you may be wise to choose a semigloss paint. Semigloss will probably wear longer and wash easier.

EJ:h1

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Soap and Detergents Don't Mix

If you save those bits of bath and complexion soap, plan to use them separately. Don't combine them with detergents in the washing machine, says Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture. Soap and detergents don't mix. Both are highly specialized products manufactured for specific uses. Used together, one may nullify the effectiveness of the other.

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EJ:h1  
10/27/52

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FOR RELEASE SATURDAY, NOVEMBER 1, 1952

Why Read to Children

URBANA--Some parents read to children from a sense of duty; you hear them say, "I just hate to read to the children, but they force me into it."

Margueritte Briggs, child development specialist, University of Illinois College of Agriculture, points out that adults can do much to insure a child's later happiness when they look upon shared reading experiences as enjoyable and profitable.

In a talk made recently, Miss Briggs stressed the importance of reading by listing the following points:

Reading helps in language development--in the command and meaning of words; it is a means of intellectual development.

Children want to learn to read; it stands for growing up.

Reading is a leisure-time activity that can be pursued under many circumstances so long as we have sight and mental facilities.

Other people read--therefore reading gives one something to talk about and makes for social acceptance.

Reading provides emotional outlets, escapes and fantasies that are pleasant and healthy.

1. *Journal of the American Medical Association*, 1977; 237: 1001-1002.

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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5. *Conclusions* – The authors would like to thank the referees for their constructive comments and suggestions. The authors would also like to thank the National Natural Science Foundation of China (Grant No. 71273066) for the financial support of this work.

FOR RELEASE MONDAY, NOVEMBER 3, 1952

No Food Poisoning From Aluminum Cooking Utensils

URBANA--Every once in a while worried homemakers question University of Illinois food specialists about whether or not it is safe to use aluminum cooking utensils. Many of them are alarmed at the effect foods like tomatoes and rhubarb have on aluminum.

Frances Cook, home economics extension staff, College of Agriculture, says there is no evidence whatever that any harm comes from eating foods cooked in aluminum utensils. The amount of aluminum that might dissolve and enter the food is much smaller than the amount of this mineral that is found naturally in foods and in drinking water.

"You can place full confidence in the fact that aluminumware is entirely safe to use," comments Miss Cook. "Choose your cooking utensils as you wish from among the variety of materials on the market. Don't be led into discarding any aluminumware you may have by the false propaganda that it is harmful."

THE UNIVERSITY OF CHICAGO, CHICAGO, ILLINOIS 60637

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FOR RELEASE TUESDAY, NOVEMBER 4, 1952

Creamed Soup Suggestions

URBANA--Homemade cream soup is a nourishing and appetizing choice for a cold-weather luncheon dish. In making cream soups, however, some homemakers have difficulty with curdling.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, has several suggestions to help you in preparing creamed soups.

Thickening the soup helps to prevent curdling, Mrs. Janssen says. Make a thin cream sauce (1/2 to 1 tablespoon of flour to each cup of milk), and pour the vegetable mixture into it.

Curdling is frequently a problem in tomato soup, Mrs. Janssen says. If you prefer a thin soup, she recommends combining the ingredients when they are cold--without any thickening. Pour the tomato into the milk instead of pouring the milk into the tomato.

Whether you like your soup thick or thin, add the salt the last minute before serving. Experiments have shown that adding the salt just before serving lessens the tendency to curdle.

For tomato soup, you may use tomato juice or fresh, canned whole or strained tomatoes. One cup of tomato to one cup of milk is a good proportion. Don't add soda to tomatoes to prevent curdling, Mrs. Janssen says. Soda may destroy the ascorbic acid (that important vitamin C) and may also cause loss of flavor.





FOR RELEASE WEDNESDAY, NOVEMBER 5, 1952

Be Bright About Glassware

URBANA--Are you thinking of buying new glassware for your Thanksgiving dinner table? If so, here are some suggestions on selection from Kathryn Weesner, home furnishings specialist, University of Illinois home economics department:

Regardless of the amount of money you have to spend, look for pleasing proportions, clarity and durability, Miss Weesner says.

In selecting the shape of your glassware, you must be guided by your own taste and the table accessories you plan to use. If your china or linen is flowered or decorated, a plain glass is preferable. Since you create a design on your table by the arrangement of settings and food, simplicity in accessories is always in good taste, Miss Weesner points out.

Modern designers stress beauty of line, and many new styles in glasses depend for their beauty on contour rather than on applied decoration. New stemmed glassware has shorter pedestals and consequently has better balance. An inexpensive tumbler now on the market is an example of good design. It is flared in shape and has a heavily weighted bottom to provide balance.

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Be Bright About Glassware - add 1

Glassware of good basic design can be used with either contemporary or traditional settings and for either formal or informal meals.

Glassware should be free of bubbles and should be clear, not foggy, in appearance. While expensive glasses are more nearly perfect in this respect, many inexpensive ones are of good quality also. When carefully washed and polished, inexpensive glasses give a lustrous appearance, Miss Weesner says, and it is difficult for anyone but an expert to distinguish quality in glassware from its appearance when in use.

Modern manufacturing methods have done much to improve the durability of glass. However, anything made of glass will break and must be treated with care in washing and storing. New processes in thickening and heating the rims of glasses have, however, brought many nick-resistant edges on the market.

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EJ:hi  
10/31/52





FOR RELEASE THURSDAY, NOVEMBER 6, 1952

Home Advisers to Receive National Recognition

Two home advisers from counties in Illinois will receive national recognition for distinguished service in home economics extension work this year. Helen Hackman, Pike county, and Arlene Wolfram, Livingston county, are among a group of 55 agents from 35 states who will be honored at the National Home Demonstration Agents' meeting in Chicago, November 8.

The recognition ceremony will be held at the Edgewater Beach Hotel as a climax to the six-day annual meeting.

To receive the award, county home advisers must first be selected by a state recognition committee. If their records meet the high standards of the national committee, they are approved to receive this coveted honor for distinguished service. In addition to a record of professional success, a candidate must have served ten years or more in home economics extension work and must be a county home adviser at the time the award is made.

During her ten years as home adviser in Pike county, Miss Hackman has been especially active in working with young people. Membership in the county's extension program has increased from about 350 adult and 4-H members in 1942 to over 1,000 at the present time. Miss Hackman has been active in professional organizations and is now public relations chairman of the National Home Demonstration Agents' association.

Miss Wolfram has had outstanding success in working with Rural Youth groups in Illinois. She began her extension career in Schuyler-Brown county, where she was home adviser for six years. She later served in Mercer county, moving from there to her present post in Livingston county. She has served as second vice president of the Illinois Home Advisers' association for the past two years. She has also served on the professional improvement committee, the state 4-H camp coordinating committee, Rural Youth and conference program committees.

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FOR RELEASE FRIDAY, NOVEMBER 7, 1952

Load Washer With Large and Small Pieces

URBANA--If your washing machine doesn't get clothes clean, maybe you load it too heavily. All washers do their best job with a  $7\frac{1}{2}$  or 8 pound load, says Catherine Sullivan, home management specialist, University of Illinois College of Agriculture.

Miss Sullivan says this is true even though most manufacturers of cylinder or agitator-type washers rate the load capacity as 9 pounds. Manufacturers of the pulsator washer rate its load capacity at 8 pounds.

A combination load of large and small pieces is most practical, says Miss Sullivan. A load made up only of sheets, especially in the agitator-type washer, cannot move freely for washing and may turn over so slowly that the mechanism seems to work on only part of the wash.

It's good idea to weight your washer loads for a while until you know about what is the right amount. If you have no scales, the following is a typical assortment: 2 double-bed sheets, 2 pillow slips, 2 bath towels, 2 men's white shirts, 2 luncheon cloths and about a pound of tea towels or other small items. Most family washes will have at least two such loads.

Other loads in the same family wash may consist of one load of dresses and other colored clothes, and a final load of badly soiled clothes that must be washed separately.

Vol. 58, No. 1, January 1, 1937

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Industry Sets Standards For Rayon

URBANA--The American homemaker is becoming label conscious. She wants factual information about the things she buys. This is especially true of fabrics and clothing.

Rayon manufacturers, in recognition of this demand, have accepted industry-wide standards for rayon materials and for clothing and household articles made of rayon. Use of these standards is voluntary on the part of both manufacturers and retailers. However, accurate standards for rayon performance are available, and such information will be passed on to the consumer if she requests it.

Edna R. Gray, clothing specialist, University of Illinois College of Agriculture, says there is no question that the use of the new standards will be an advantage to the retailer as well as to the buyer. For the first time, the retailer will be able to tell the homemaker exactly what performance she may expect from rayon fabric and to give her specific instructions as to its care. Thus the customer can select the fabrics that will meet her specific needs. She can buy with confidence.

This is another step toward helping the homemaker get her money's worth. It is up to her to ask merchants for goods with standard specifications, Miss Gray says.



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FOR RELEASE SATURDAY, NOVEMBER 8, 1952

Wrong Side Out Is Wrong

URBANA--Some women still cling to the old-fashioned idea that nylon stockings look more sheer and less shiny when worn inside out than when worn right side out. This is a mistaken notion, says Edna R. Gray, clothing specialist, University of Illinois College of Agriculture.

In the early days of nylon stockings, there may have been some basis for the inside-out theory, because there was more shine on the outside than on the inside of the stockings. However, new processes for twisting the yarn have eliminated much of this shine, and today stockings look much better when worn right side out. Moreover, stockings worn right side out are less apt to snag. This is because there is a roughness in the knit on the inside which may catch easily.

Stocking seams are made to look best on the right side. There is apt to be a fuzziness at the reinforcement at the heel and a roughness on the leg seams on the wrong side.

EJ:mi

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Pine Needs a Sealer

URBANA--Knotty pine and other woods used for paneling and for kitchen cabinets in many homes requires some type of sealing coat before the actual finishing coat is applied, says Dorothy Iwig, home furnishings specialist, University of Illinois.

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EJ:mi  
11/5/52 .



FOR RELEASE MONDAY, NOVEMBER 10, 1952

Cooking Cautions for Homogenized Milk

URBANA--If you use homogenized milk in cooking, you may have noticed that it doesn't always respond in the same way as unhomogenized milk. For example (and this is true particularly if high pressure is used during the homogenization process), the milk curdles more readily and makes thicker custards, and the custards take about twice as long to bake.

Mrs. Pearl Janssen, food specialist, University of Illinois College of Agriculture, says you can notice the tendency toward quicker curdling when you make creamed soups, scalloped potatoes, caramels, creamed vegetables and other products where you add milk.

She says the reason for doubled baking time for custards is that heat penetrates more slowly through the homogenized milk than through unhomogenized.

AJR:mi

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Thickening Agents

URBANA--Cornstarch has about twice the thickening power of flour. If you substitute one for the other in a recipe, remember that, if cornstarch is called for, you will need twice that amount of flour; if flour is called for, you will need only half that amount of cornstarch, says Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture.

Cornstarch has a translucent appearance; flour, an opaque appearance. Longer cooking is needed with cornstarch to eliminate the uncooked starchy flavor.

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EJ:mi  
11/5/52





FOR RELEASE TUESDAY, NOVEMBER 11, 1952

Perfect Popcorn Is a Treat

URBANA--Corn's a-poppin' all over the countryside. With the holiday season just ahead, this healthful between-meal treat will be even more popular.

Experiments at the University of Illinois have demonstrated that there is a right and a wrong way to pop corn. If you want delicious popcorn with more fat white kernels and fewer "old maids," here are a few suggestions from B. L. Weaver, vegetable crops specialist, department of horticulture:

For perfect popping it is important that corn have the correct moisture content. Corn that is too wet pops best at medium temperature, makes a lot of noise and is tough in texture; dry corn pops best at a high temperature, makes little noise, scorches easily and is dry and mealy. If corn is too wet, spread it out to dry; if it is too dry, add water to it. It is usually best to add one or two percent of water, mix thoroughly at intervals until the water is absorbed, seal for a week, test to see how the corn pops and repeat the process if necessary.

-more-



Perfect Popcorn Is a Treat - add 1

Most popcorn sold commercially is canned or sealed in bags when the moisture content is correct. If you grow your own corn, you will have to decide by trial and error whether the moisture content is right.

For plain popcorn add the fat and salt at time of popping so that the seasonings will become evenly distributed with the corn. You may use vegetable fat, lard or even bacon or poultry fat if you like the flavor. Commercial companies have a number of flavoring compounds on the market, some of which are made with coconut oil and can be stored without refrigeration. If you use butter or margarine for flavoring, add it after the corn is popped, as it tends to stick and brown in the popper.

Mr. Weaver prefers a six-quart pan-type popper with a stirrer. He heats the pan, adds 1/2 cup of fat and 1/2 teaspoon of fine salt and heats it until it is smoking hot. In goes 1 scant cup of corn; and when it begins to pop, he stirs it rapidly until popping practically stops. He keeps the heat high. The corn should be done in less than 2 minutes, Mr. Weaver says. This makes about six quarts of popped corn.

A pressure cooker or other heavy metal pan can be used instead of the popper. You need not stir the corn if you remove it from the fire just before it finishes popping. There will be enough heat to finish the popping, and the corn will not scorch. If possible, use a deep, narrow pan. A wide, shallow one is usually heavier to handle, the cover is not always tight and the kernels will not heat evenly because they are only partly covered with fat.

To make cheese popcorn, add four teaspoons of grated Parmesan cheese to freshly popped corn and shake in a paper bag.

During the summer of 1967, the following people were at  
the residence of the subject:



FOR RELEASE WEDNESDAY, NOVEMBER 12, 1952

Try for Size When Buying Sweaters

URBANA--Sweater sizes, whether men's, women's or children's, run smaller than sizes in other ready-made garments. For this reason it is a good idea to try a sweater on before buying it, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Sweaters are sized to allow for stretching. Most persons, however, don't want the close fit that results when a sweater must be stretched to size. For easy fit, it is usually necessary to buy sweaters a size or two larger than the usual dress size. A woman who wears a size 36 dress, for example, will need a size 38 or 40 sweater.

Sweaters of similar style, marked with the same size number, may differ as much as two inches in bust or chest measurement and an inch or more in sleeve width. Until standard sizing is more general, or until no allowance is made for stretching, the safest way to buy sweaters is to try them on first. Trying before buying will also save troublesome exchanges that are costly to both buyer and merchant.





FOR RELEASE THURSDAY, NOVEMBER 13, 1952

Tips on Using Homogenized Cream

URBANA--Homogenized cream looks richer than ordinary cream, and it has a heavier body because of the mechanical homogenization process. But don't try to whip it, says Mrs. Pearl Janssen, foods specialist, University of Illinois College of Illinois. It's next to impossible to whip, Mrs. Janssen explains, because during homogenization the protein surrounds the fat globules, and not enough fat globules are left to surround air bubbles during whipping.

You'll like the homogenized cream in ice cream recipes that don't require whipped cream. You'll get a smoother product with fewer ice crystals.

Mrs. Janssen points out that thin homogenized cream may curdle more readily than unhomogenized when added to coffee if high pressure was used during the homogenization process.

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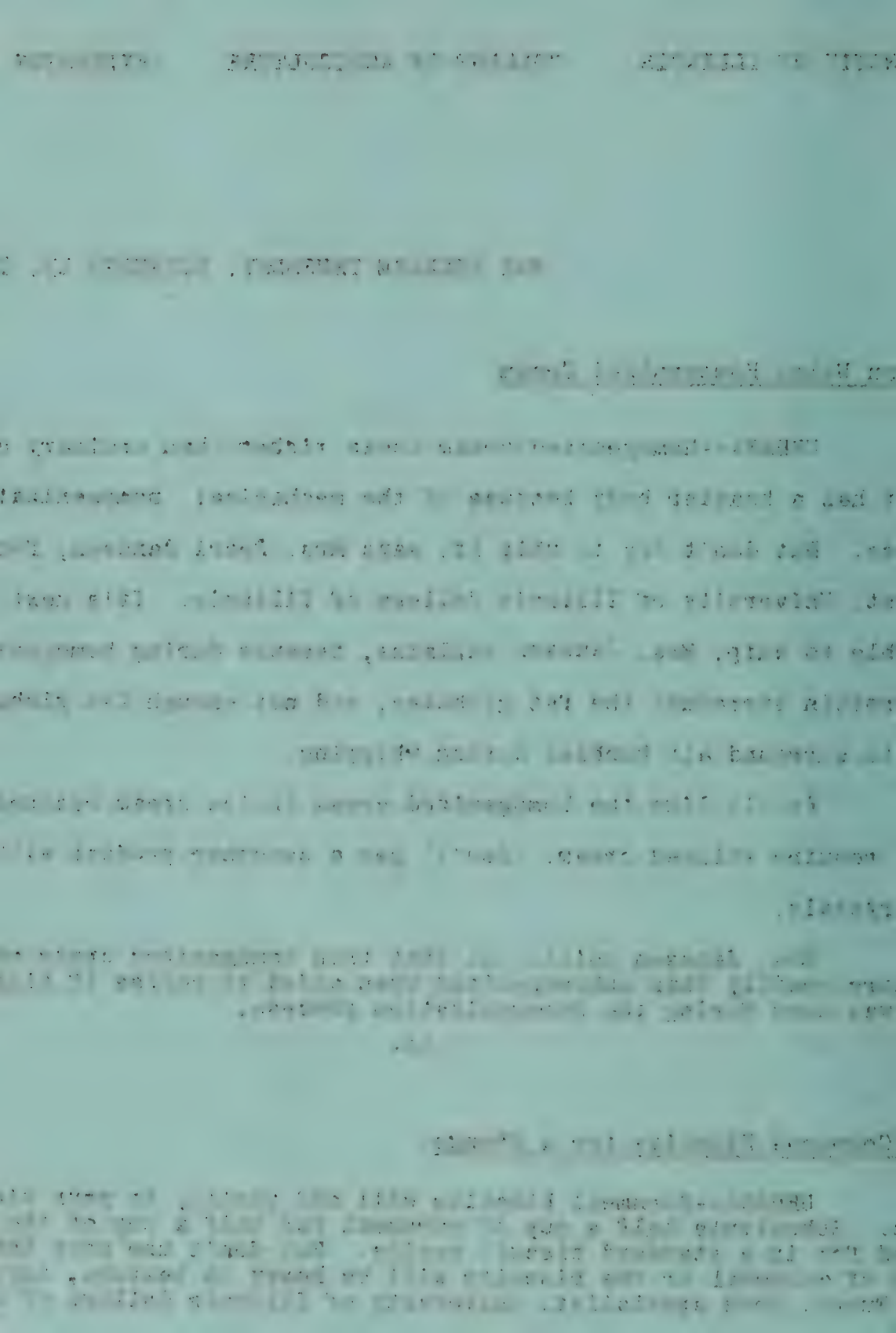
Make Cornmeal Biscuits for a Change

URBANA--Cornmeal biscuits will add variety to your winter menus. Substitute half a cup of cornmeal for half a cup of the flour called for in a standard biscuit recipe. But don't use more than half a cup of cornmeal or the biscuits will be heavy in texture, says Dr. Mary Fuqua, food specialist, University of Illinois College of Agriculture.

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EJ:hi

11/10/52



FOR RELEASE FRIDAY, NOVEMBER 14, 1952

Stainless Steel Brings Beauty to the Table

URBANA--Stainless steel tableware is acquiring a place of distinction as a smart and beautiful accessory in many American homes, says Kathryn Weesner, home furnishings specialist, University of Illinois College of Agriculture. The reason is that stainless steel has several distinct advantages: It is a hard material and is not likely to dent. It is durable and there is nothing to wear off because the utensils made of it are stainless steel throughout. Stainless steel requires no polishing and will retain its finish permanently.

American and European designers are vying with each other to create styles that are beautifully shaped and carefully crafted. Many designs now on the market have a dignity and beauty formerly found only in tableware of more expensive metals. This type of tableware may be combined with dishes and linens of contemporary or traditional styling.

Some homemakers have overlooked stainless steel in the past because they thought it looked institutional and didn't look like silver. Good design and expert crafting have overcome the first objection. As to the second, Miss Weesner responds, "It doesn't look like silver and it is not supposed to. It is a handsome material in its own right, and no attempt should be made to make it resemble anything else."

Stainless steel tableware compares in price with good-quality plated silver.







FOR RELEASE SATURDAY, NOVEMBER 15, 1952

Crumb Crusts Keep Crisp

URBANA--Pie crusts made of gingersnaps, chocolate cookies or graham crackers have a tendency to become soggy if stored in the refrigerator for several hours or overnight. The reason is that the crust absorbs moisture from the filling and from the refrigerator, says Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture. To avoid sogginess, bake the unfilled crust for 8 to 10 minutes in a 325° to 350° oven. Cool before adding the filling.

If the pie is to be served within a few hours after it is made, the crust will stay crisp without baking.

EJ:mi

-30-

Tuna Oil Rich in Vitamin A

URBANA--Oil from tuna fish contains vitamin A. Don't throw this oil away unless it is objectionable in the recipe you are using, says Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture. Tuna oil does no harm in casserole dishes, and many persons like the added flavor in salad combinations. It may be substituted for some of the fat in recipes calling for cream sauce.

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EJ:mi  
11/12/52



FOR RELEASE MONDAY, NOVEMBER 17, 1952

Dry Beans--How to Shorten Soaking and Cooking Time

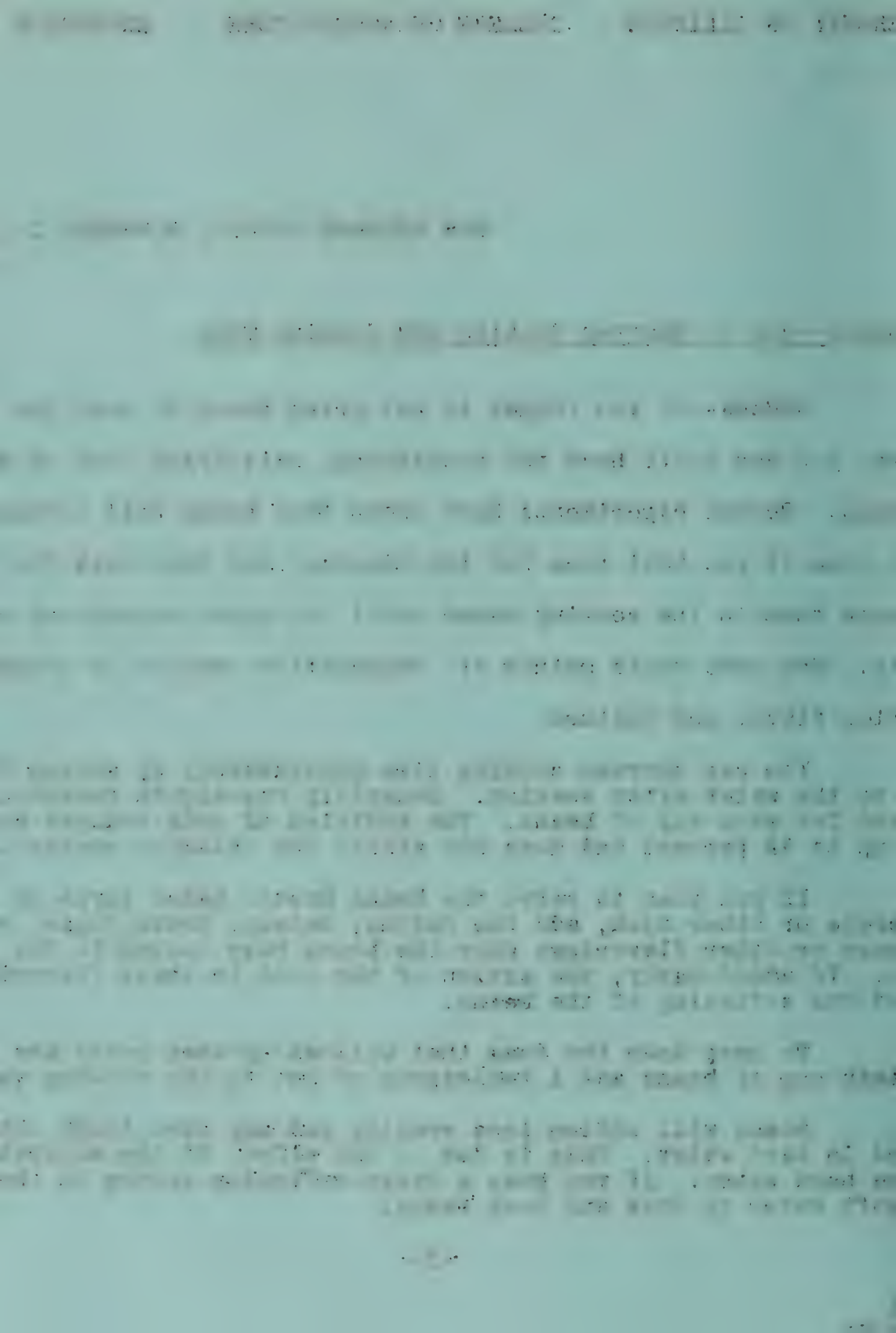
URBANA--If you forget to put dried beans to soak the night before, you can still have the nourishing, satisfying food in your dinner menu. Recent experiments have shown that beans will soften in a short time if you boil them for two minutes, let them soak for an hour and cook them in the soaking water until the skins wrinkle on exposure to air. The more rapid method of rehydration results in comparable or superior flavor and texture.

You can shorten cooking time considerably by adding baking soda to the water after soaking. Generally one-eighth teaspoon of soda is used for each cup of beans. The addition of soda reduces cooking time up to 42 percent and does not affect the thiamine content.

If you plan to serve the beans Boston baked style or in a casserole or other dish, add the onions, catsup, brown sugar, vinegar, molasses or other flavorings when the beans have cooked to the tender state. If added early, the action of the acid in these flavorings will retard the softening of the beans.

To keep down the foam that billows up when beans are boiled, for each cup of beans add 1 tablespoon of fat to the cooking water.

Beans will soften less readily and may have tough skins if cooked in hard water. This is due to the effect of the mineral salts in the hard water. If you have a water-softening system in the house, use soft water to soak and cook beans.





FOR RELEASE TUESDAY, NOVEMBER 18, 1952

New Bread To Give Aroma and Taste

URBANA--The fragrant aroma of newly baked bread that whetted the appetite and delighted the nostrils in nearly every home a decade ago may reappear on the American scene. Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, reports a new bread now being marketed that is heated just before serving. The bread, when put into a 250° F. oven about 15 or 20 minutes before serving, is said to recapture the fragrant, crusty goodness of a fresh loaf.

The results are obtained by a special cellophane overwrap that protects the bread during the heating process and also holds the moisture in the loaf. The procedure can be repeated even after a portion of the loaf has been removed.

Fifty years ago, Mrs. Janssen tells us, 95 percent of the bread consumed in this country was baked at home; now only 5 percent is home-baked. This new development by the baking industry may produce some of the advantages of the home-baked product without the labor.



1. *Phragmites australis* (Cav.) Trin. ex Steud.

FOR RELEASE WEDNESDAY, NOVEMBER 19, 1952

Tricot to Come Out On Top

URBANA--Nylon tricot is coming out of hiding. This fabric, which formerly was used primarily for lingerie, will be seen soon in men's shirts and in women's dresses ranging all the way from formal to sportswear, says Florence King, clothing specialist, University of Illinois College of Agriculture.

The fabric is knit of very fine (15 denier) yarn with a close stitch. Unless you examine it closely you can't tell that it is a jersey construction.

Nylon tricot has a dull finish and is light in weight, but not sheer. Many persons have objected to some nylon fabrics because of their transparency; the tricot has overcome this objection. Tricot is expected to be comfortable for warm weather wear because knit construction allows a circulation of air.

One of the chief characteristics of the man-made fibers is their retention of shape. A fabric woven of these fibers doesn't stretch to body movement. In knitted construction, however, the fabric is given a measure of elasticity that should keep it from pulling out at the seams. The knitted tricot is also soft and will give the draped effect that is popular with fashion designers.



FOR RELEASE THURSDAY, NOVEMBER 20, 1952

Watch for Labels That Give Rayon Standards

URBANA--Everyone along the line--from manufacturers of rayon merchandise, to retailers, consumers, dry cleaners and launderers--stands to gain when the recently adopted rayon standards are put to work. Actually the whole idea of the standards is to help everyone get a "good buy."

Edna R. Gray, clothing specialist, University of Illinois says that, since the use of the rayon standards is voluntary, it is to everyone's advantage to create widespread consumer demand for them.

Miss Gray urges consumers to ask for information about rayon materials, and to ask department store managers about labels giving such information.

Homemakers should be able to buy fabrics that are guaranteed to meet certain minimum service conditions. Labels should tell, for instance, whether a blouse has a permanent color and finish, and whether it can be washed safely at home.

Merchants and consumers will benefit when rayon and acetate garments carry distinctive labels sewed into the garment that tell the method by which it can be cleaned.

Labels are being worked out but are not yet ready for use. The standard requires a sewed-in label that will be lettered in different colors to indicate different kinds of color fastness. For instance, color fast to sunlight is a must in a bathing suit, whereas colors fast to sunlight might add unnecessary cost to a housecoat or pajamas that would never be worn in the sun.







FOR RELEASE FRIDAY, NOVEMBER 21, 1952

Arrange Vegetables for Color and Beauty

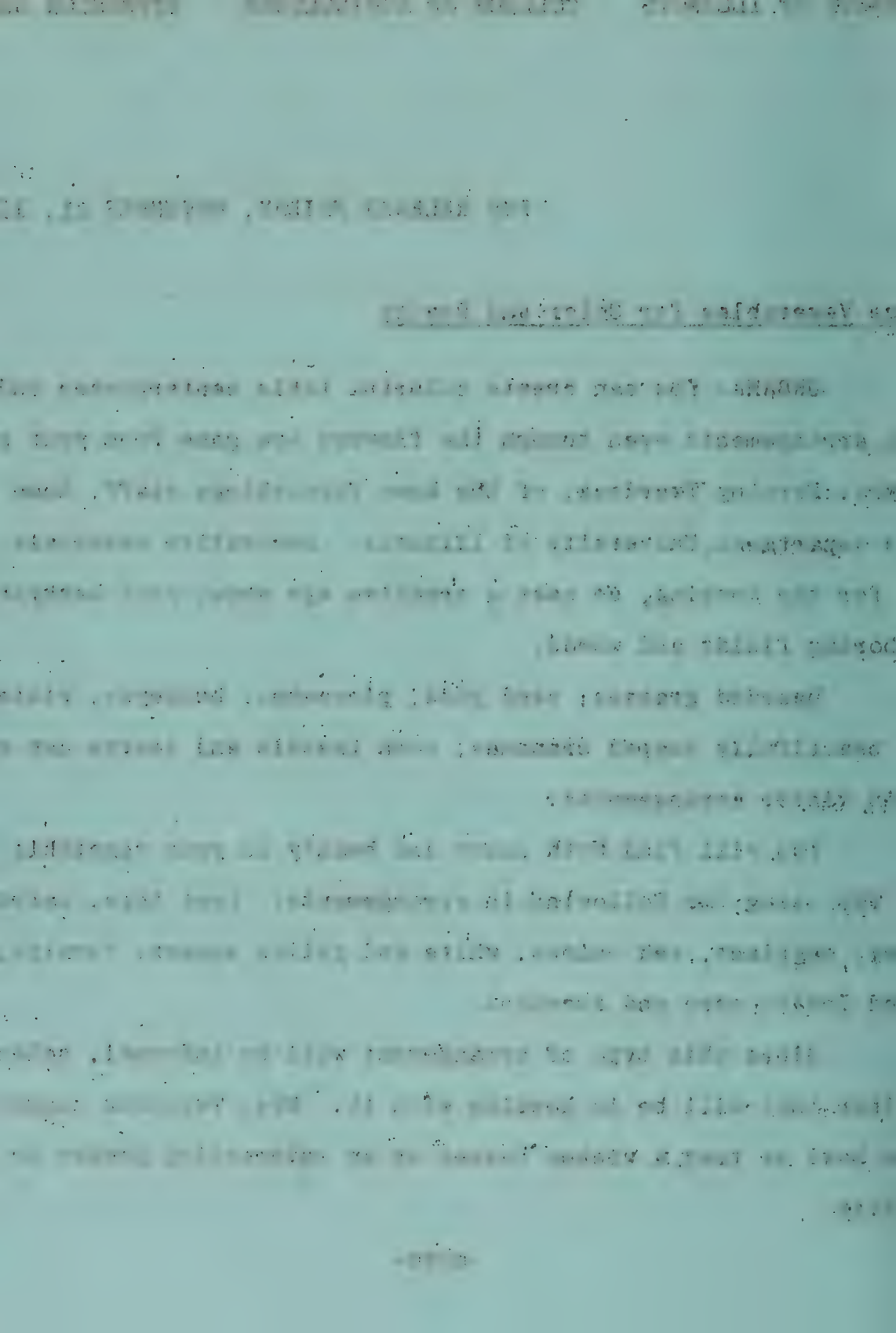
URBANA--You can create colorful table centerpieces and interesting arrangements even though the flowers are gone from your garden, says Mrs. Dorothy Twardock, of the home furnishings staff, home economics department, University of Illinois. Decorative materials are yours for the looking, so cast a creative eye about your backyard or neighboring fields and woods.

Bearded grasses, seed pods, pinecones, buckeyes, winter berries, beautifully shaped branches, corn tassels and leaves can all be used in winter arrangements.

You will find both color and beauty in your vegetable bin too. Try using the following in arrangements: beet tops, carrot tops, parsley, eggplant, red onions, white and yellow squash, turnips, variegated Indian corn and zucchini.

Since this type of arrangement will be informal, select a container that will be in keeping with it. Mrs. Twardock suggests a wooden bowl or tray, a wicker basket or an interesting pewter or pottery dish.

-more-



Arrange Vegetables for Color and Beauty - add 1

A crook-neck squash can be split lengthwise, the center hollowed out and fruits and vegetables arranged in and around it. Or a cabbage from the garden, complete with its dark green outside leaves, makes a colorful starting point. Spread the outer leaves and arrange the fruit and vegetables on them.

If you don't want to use a container for an arrangement of this type, you can make it right on the table. But protect the table top or cloth with aluminum foil or heavy paper, as the moisture in all fruits and vegetables may leave a stain.

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EJ:m1  
11/17/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 22, 1952

### Biscuit Quickie Hint

URBANA--To save time and dishwashing when you make biscuits, Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests kneading the biscuit dough in the bowl in which you mix it. Pat it into the desired thickness on the baking sheet, then cut into squares and push the squares apart.

Result: No bread board, rolling pin, or biscuit cutter to wash--and no bits of dough to reroll or waste.

EJ:hi

-30-

### Quality Celery Talks

URBANA--Quality celery is always crisp, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture. If the stalk "talks back to you" when squeezed gently, that's eating quality. Poor stalks are "untalkative." November and December bring the peak of the winter supply of celery.

-30-

EJ:hi  
11/19/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 24, 1952

### Make Luncheon Sets For Gifts

URBANA--Colorful, easy-to-care-for luncheon sets are a welcome gift for any homemaker on your Christmas list. Mrs. Dorothy Twardock of the home economics extension staff, University of Illinois College of Agriculture, has designed some unusual and inexpensive gift sets from materials available at your nearest yardgoods counter.

Gay calico prints are a fine choice for a friend who likes early American or Provincial dining accessories. For place mats Mrs. Twardock selected a print with a black background and tiny fuchsia and chartreuse flowers. The napkins were made of either plain-colored fuchsia or chartreuse Indian-head or butcher linen.

Plaid gingham in grey, green and rose makes another stunning set. For this one Mrs. Twardock makes two bound buttonholes three inches wide and two inches apart in the middle of the left-hand side of the place mats. Through these she slips napkins made of any one of the colors in the plaid. If you prefer, you can make the napkins of four different colors, but unless you're making several sets more colors will be less economical.

-more-



Make Luncheon Sets - add 1

Huck toweling comes in lovely pastel colors that can be mixed or matched for attractive sets. A bit of Swedish weaving or contrasting lines of bias tape across one corner of the napkins and mats will give an added dash.

Linen is lovely and luxurious but more expensive than the other fabrics mentioned. Butcher linen and linen-like weaves in cotton or rayon are both effective and practical.

The measurements Mrs. Twardock recommends are 18 by 12 inches, for the finished mats and 12 by 12 inches for the napkins. An inch-wide hem all around will give body to the mats and add to the smart appearance. For decorative effect, hems may be made on the right side. Allow  $1\frac{1}{2}$  inches on all sides for the hems. For example, for the finished 12 by 12 inch napkins, cut the pieces 15 by 15 inches; for the finished 18 by 12 mats, cut the pieces 21 by 15 inches. To be sure the edges will be straight, draw threads before you cut.

Imagination and originality in selecting material and color can make a luncheon set a very special gift.

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 25, 1952

### Baby Clothes Sized by Height and Weight

URBANA--Mama may soon be weighing and measuring Junior just before she starts off on a shopping trip, for some of the manufacturers of children's clothes are finding that height and weight are much better guides to fit than age.

This is especially true of small children's and infant's wear. In general baby clothes come in small, medium and large sizes. However, three garments of approximately medium size may be marked size 9 months by one manufacturer, size 12 months by another and size 1 year by another. This variation is confusing not only for the buyer, but also for the clerks who must learn a different scale of sizes for each manufacturer.

In the new system that has been adopted by a few manufacturers, age is not mentioned at all on the label. For example, a garment will be marked "20-22 pounds; 25"-28" tall; 1st size." Thus a mother will know exactly which size will fit her child provided she knows how tall he is and how much he weighs.

Although this marking system has not been universally adopted by the trade, stores that have stocked garments marked in this way are enthusiastic about the sizing method. Clerks say they can come a lot closer to determining the right size of garment for a child in this way than when the mother says, "He's only six months old, but he's awfully big for his age."



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 26, 1952

### New Terms in Fabric Industry

URBANA--Blends and combinations are two words that every homemaker should understand before she goes shopping for clothes, dress fabrics or drapery and curtain materials this season, says Florence King, clothing and textile specialist, University of Illinois College of Agriculture. The new trend by fabric manufacturers is toward combining two or more fibers in one material. In this way they are trying to incorporate the good qualities of both into one piece of material.

For example, man-made fibers such as Orlon, Dacron, and nylon, are combined with natural fibers such as wool, cotton and silk. The purpose is to give the natural fibers the advantages of the man-made ones, and the man-made fibers the attributes of the natural ones.

There are two methods of mating the fibers: one is by blending and the other by combining. In a blend, the two fibers are twisted together in the yarn and the yarn is made into fabric; in a combination, one fiber is used in the warp and the other in the filler.

Fibers may be blended in any proportion, such as 5 percent nylon and 95 percent wool, or 45 percent Orlon and 55 percent rayon.

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However, the good qualities of the man-made fibers, such as resistance to shrinkage, wrinkling and ease of care, will not be transferred to the fabric unless the amount of the man-made fiber is at least 15 percent, and preferably nearer 50 percent, Miss King says. As little as 5 or 10 percent nylon, Orlon or Dacron in a blend will not have any appreciable effect on the fabric.

In combinations the amount of the man-made fiber will be greater (about 50 percent), since it is usually used throughout for the warp in the weave.

EJ:hb  
11-21-52

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#### Cooking Short Cuts

URBANA--Let your electric mixer work for you, advises Mrs. Pearl Janssen, foods specialist, University of Illinois. When adding nuts to mixtures there's no need to chop them. Put them in during the last minute of mixing, and the mixer will chop them for you.

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EJ:hb  
11-21-52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 27, 1952

### Save Those Vitamins

URBANA--Vitamins are precious, says Anne Fluhr, foods specialist, University of Illinois College of Agriculture. Everyone needs all he can get. The wise homemaker can save a great many vitamins for her family by using care in cooking vegetables.

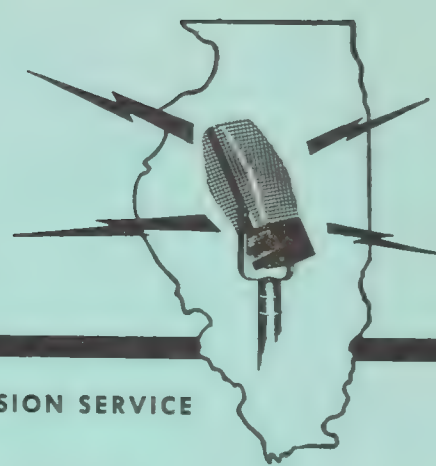
Here are a few important points Miss Fluhr stresses in her cooking classes at the University: Use as little water as possible; this reduces the vitamin loss through solution in the cooking water. Put the vegetables into boiling water to cut down cooking time; keep the water boiling gently. Use a covered pan for faster and more even cooking. Don't cut the vegetables into very small pieces, as there is greater loss of nutrients through solution. Don't add baking soda; vegetables may look more colorful, but vitamins C and thiamine can be lost through oxidation.

Use leafy greens and other vegetables as soon as possible after buying. They will be crisper and fresher and will retain more vitamins.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 28, 1952

### Pep Up With A Good Breakfast

URBANA--Breakfast is the most important meal of the day, says Dr. Marian Tolbert, nutrition specialist, University of Illinois College of Agriculture. Yet two out of every three Americans limp along on a hasty, meager meal that endangers their health and reduces their efficiency.

Scientific tests show that the breakfast you eat has a direct bearing on your daily life. Good breakfasts increase your energy, your efficiency and your vitality, Dr. Tolbert says.

Leading nutrition authorities agree that your breakfast should include certain definite food elements and should supply between a quarter and a third of the day's protein and calories.

A person in a sedentary occupation should eat a breakfast that includes fruit or fruit juice, hot or cold vitamin-enriched cereal with sugar and milk or cream, whole-grain or enriched white bread with butter and a beverage. Milk or cocoa is needed to supply an adequate amount of protein.

Physically active men, women and teenagers need meat or eggs for breakfast in addition to the minimum staples.







# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 29, 1952

### Plenty of Potatoes From Bumper Crop

URBANA--There will be plenty of potatoes this year, says Lee A. Somers, vegetable crops specialist, University of College of Agriculture. Ideal autumn weather and other favorable conditions have boosted the nation's potato crop to 246 bushels per acre, the second highest on record. Only the yield of 253 bushels per acre in 1950 exceeded this year's record.

Early frost and late blight frequently combine to cut the potato crop, but both were absent this year. Harvest reports show that the crop is seven million bushels greater than was anticipated.

No need to hoard or store extra potatoes this year, Mr. Somers says, as there will plenty for everyone.

EJ:mi

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### Cut Carrots Good Buy

URBANA--Carrots with the tops cut off are frequently a better buy than those with the greens still intact, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture. Up to 20 percent of the food value loss and 60 percent of the water loss in carrots occurs through the tops. Best quality is found in firm, crisp roots of uniform color. Poor quality carrots usually bend easily or have green shoulders. Supply is available the year round.

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EJ:mi

11/26/52



# Homemaking Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 1, 1952

## How Do Frozen Desserts Differ From Ice Cream?

URBANA--Frozen desserts are making their appearance in stores throughout the state, and homemakers are asking how they differ from ice cream.

The main difference in the two products, says Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture, is in the amount and type of fat used. Ice cream, according to Illinois state law, must contain 12 percent butterfat. In frozen desserts vegetable oils are used instead of butterfat, or the butterfat content is lower than 12 percent. Vegetable oils are obtained mostly from soybeans, cottonseed, peanuts and coconuts. These oils cost about one-fourth as much as butterfat, and consequently frozen desserts using them sell for 10 to 20 cents less per quart than ice cream.

Calorie-wise, there isn't much difference between the two, says Dr. Fuqua. Ice cream has a higher fat content--about 12 percent compared with between 4 and 6 percent in most frozen desserts--but more air is beaten into the ice cream, giving greater volume. This is called over-run in the trade. In frozen dessert over-run may range from 30 to 50 percent of the volume; in ice cream it is as much as 50 to 100 percent.

The International Association of Ice Cream Manufacturers emphasizes the fact that the new product is exactly that--a new and different dessert--and not a substitute or synthetic ice cream. Many ice cream manufacturers will make ice cream, ices, sherbert and the new product, which they will market under a variety of fanciful names.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 2, 1952

### Take Time to Take Care

URBANA--Care in the kitchen should be a holiday byword for homemakers. A recent study in Illinois in which causes of 465 home accidents were analyzed showed that the kitchen is the most hazardous room in the house for falls, burns, cuts and other accidents.

When you're hurrying with holiday preparations is the time accidents are most likely to occur, says Mrs. Ruth C. Freeman, family economist, University of Illinois College of Agriculture, and coordinator of the Illinois safe homes program.

Haste, carelessness and fatigue are the three little gremlins that cause most kitchen accidents, says Mrs. Freeman, who advises all homemakers to take time to take care.

When you spill something on the floor, take time to wipe it up--a slippery spot on the kitchen linoleum has caused many a nasty fall. Reach for that extra pot holder when you take the Christmas pies out of the oven. Follow safety procedures when you chop the vegetables for the stuffing and carve the turkey.

Make your safety slogan for the month, "No bandages and no broken bones for Christmas."



FOR KANSAS JOURNAL, DECEMBER 2,

the time is late

URBANA--One in the kitchen should be a holiday in  
the home. A recent study in Illinois in which several  
incidents were almost noted that the kitchen is the  
most busy in the house for eating, drinking, and other  
activities.

When the holiday with holiday preparations is  
under way, it is likely to be busy, says Mrs. J. J. Brown,  
University of Illinois College of Agriculture  
and home economics program.

Busy, excitement and fatigue are the three things  
that make most kitchen accidents, says Mrs. Brown.  
It is necessary to take time to take care.

When not still working in the kitchen, take time to  
rest. It is important to the kitchen that the house  
be kept for the entire holiday when you take  
time to rest. (Follow safe) procedures with the  
kitchen and serve the holiday.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 3, 1952

### What We Know About Spinach, Mineral Oil

URBANA--Mistaken ideas about certain foods worry a lot of folks. Knowing the facts will help to make these worries disappear.

Dr. Marian Tolbert, nutrition research specialist, University of Illinois College of Agriculture, says studies show that certain nutrients are "perfectionists." If they can't nourish our bodies in a certain way, they simply won't "play ball." Here are two examples:

Very little, if any, of the calcium in spinach and certain other calcium-rich leaf foods (Swiss chard, beet greens, lambsquarter) is of any value to the body. The reason is that these foods contain relatively large amounts of oxalic acid. This acid combines with the calcium to form an insoluble salt which the body cannot absorb and so cannot use.

This doesn't mean that you should not eat these foods. It just means that you should serve other foods to give the required amount of calcium and not count on getting any from spinach and the other greens.

Several well-controlled nutrition studies tend to show that the body can utilize the calcium from cabbage, collards, kale, leeks, lettuce, rutabaga leaves, tendergreen and turnip tops.

-more-



What We Know - add 1

Another question nutritionists have raised concerns the wisdom of using mineral oil in the diet. This oil is commonly used in salad dressings and in weight-reducing diets. Reports on both animal and human experiments indicate that mineral oil interferes with the absorption of vitamin A and substances which give rise to vitamin A after we eat them. For this reason it seems wiser not to use it in foods. If it is to be used as a cathartic, as on a doctor's prescription, it should be taken between meals, when there is less chance for it to interfere with absorption of vitamin A.

AJR:hi

-30-

Plastic-Finished Wallboard Easy to Clean

URBANA--Plastic-finished wallboard, now being used extensively in bathrooms and kitchens, is easy to clean. Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, recommends washing with clear water. Also, it's best to wipe it dry, Miss Iwig says, as it may water spot.

-30-

EJ:hi  
11/28/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 4, 1952

### Special Care Needed For Wet Shoes

URBANA--Winter weather means wet shoes, and wet shoes need special care, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

When leather is wet it becomes soft. It will then stretch out of shape and rub and scuff readily and the stitching is apt to cut through the leather.

It is important to dry wet shoes with special care. If the leather becomes hot, the shoe is almost sure to be ruined. If the shoe is dried too fast at too high heat, it will shrink and become hard, tight and out of shape.

The following is a good procedure for drying wet shoes, Miss Carl says:

First, wipe off all mud and grit with a damp cloth. Then straighten the counter, vamp and toe, and stuff the shoe with crumpled tissue paper. This helps to hold it in shape and hastens drying. Set the shoes to dry in a place that is not too warm, and allow them to dry slowly.

"Never put wet shoes near a hot stove or radiator," Miss Carl warns, "and don't wear them until after they are thoroughly dry." It is a good plan to polish shoes once or twice as soon as they are dry. You may need to manipulate the leather with your hand to soften it after drying.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY DECEMBER 5, 1952

### Perfect Fudge Every Time

URBANA--"Let's make fudge," is a favorite cry of the youngsters during the holiday season. Fudge that comes out just right every time--smooth and creamy in texture and delicious in flavor--doesn't take a special knack or a magic touch, says Dr. Mary Fuqua, foods and nutrition specialist, University of Illinois College of Agriculture. All you have to do is to follow a few simple directions.

Dr. Fuqua uses corn sirup in the recipe, since it reduced the speed of crystallization during cooking and beating and makes a fine-textured fudge. The mixture must be stirred until the sugar is thoroughly dissolved, or the undissolved crystals will form a nuclei for larger crystals which makes the fudge coarse and grainy.

Most important of all, Dr. Fuqua says, is to allow the cooked fudge to cool before you start to beat it. If you start to beat while the mixture is still hot, larger crystals will form and your candy will be grainy.

Here are Dr. Fuqua's directions; follow them exactly for the best fudge you ever tasted.

-more-





Perfect Fudge Every Time - add 1

Chocolate Fudge

|                                     |                                      |
|-------------------------------------|--------------------------------------|
| 2½ ounces (2½ squares)<br>chocolate | 3 tablespoons corn sirup             |
| 1½ cups milk                        | 3 tablespoons butter or<br>margarine |
| 3 cups sugar                        | ¾ cup chopped nuts                   |
| few grains salt                     | (optional)                           |

1. Combine chocolate and milk in a deep saucepan. Bring to boil with stirring.
2. After the chocolate has slightly thickened the milk, add the sugar, salt, corn sirup and butter.
3. Stir constantly until sugar dissolves (try not to get fudge mixture on sides of saucepan).
4. Place a candy thermometer in fudge mixture. Continue to boil, with occasional stirring, to 236° F. or 112° C.
5. Remove fudge from the stove, add vanilla, but do not stir.
6. Cool to lukewarm (110° F. or 45° C.). Beat until the mixture becomes soft and loses its shiny appearance.
7. Quickly stir in nuts--pour into a buttered pan or pyrex dish.

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EJ:mi  
12/1/52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 6, 1952

### Help for the Men!

URBANA--If you want to delight the woman in your life on Christmas morning, buy her a handbag. This is Christmas shopping advice to the men from Myra Baker, clothing specialist, University of Illinois College of Agriculture. Milady's handbag hasn't held such an important place in the fashion picture since great grandma took her money bag from inside her belt and made a reticule to hang over her arm.

Any woman will be pleased with a good-sized bag of simple design and quality construction. No matter how many bags she has in her wardrobe, there is always room for one of this type. If you are looking for a glamorous rather than a practical gift, you might choose one of the very feminine, luxurious bags suitable for cocktail or evening use. However, be sure you know the lady well enough to suit this style of bag to a special costume, or it may lie unused in her bureau drawer.

Whatever style you choose and no matter how much you have to spend for it, look for quality of construction. The following features are important: the innerlining should be firm--the bag should

-more-



Help for the Men! - 2

feel substantial but not stiff; the clasp should shut with authority and be so attached that it won't pull out from the frame or open too easily; the handles should be firmly attached and well made--narrow, flimsy handles wear out quickly; and the lining should be of firm, closely woven fabric or, better still, of leather. If you have a limited budget, put your money into the quality of the bag rather than into a lot of inside gadgets.

Bags may be made of leather, fabric, plastic that resembles leather, molded plastic, metals, brocade or velvet. The last three are used for formal or evening bags, where durability and wear are not important. Leather is a wise choice for all-round use but is apt to be more expensive than some of the other materials. Some leather used in less expensive bags is split or of poor quality and will not give satisfactory service. A well-made, top-quality fabric or plastic bag will be better looking and wear longer than a cheap leather one, Miss Baker says.

Most women like bags big enough to hold cosmetics, gloves, a billfold and the myriad other feminine appurtenances that so delight the cartoonists. That means they need a roomy bag. The box or pouch style will hold most, and most women prefer it to the envelope style.

EJ:hb

-30-

Quick Way of Slicing Dates

If you're slicing dates for Christmas cookies or cake, wet the knife or kitchen shears for a quicker, easier job, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

EJ:hb  
12-3-52

-30-







# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 8, 1952

### Tips on Buying Dried Fruits

URBANA--Dried and candied fruits for Christmas cooking are in plentiful supply this year. Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture suggests that you suit variety to use when buying these fruits.

Dates with the pits in are usually marked "fresh." These so-called fresh dates come from California and are a good choice for eating as they are. If you plan to use dates in cooking, you may prefer the pitted variety, which are usually a little more expensive per pound but are easier to use. Most of the pitted dates are imported and have been pasteurized as a sanitary as well as a preservative measure.

Raisins and currants are plentiful and lower in price than they were last year. Your choice of seeded or seedless raisins will depend on how you are planning to use them. White raisins are a good choice when their color will blend better with the finished product; their flavor is slightly less sweet than that of the other types, and they usually cost more per pound. Dried currants, so-called, are not currants at all, but are actually made from a variety of small, tart grapes grown especially for drying.

-more-



Tips on Buying Dried Fruits - 2

Most dried fruits appear in package form under a brand name. However, the retailer sometimes buys them in large quantities and packages them in cellophane bags. This bulk method of selling usually results in a slightly lower price. It is a good choice provided the fruit is fresh.

Many stores have a variety of dried fruits packaged together for use in fruit cakes, pies and puddings. This is an economical way to buy an assortment. The bag will usually include candied lemon and orange peel, citron and candied cherries.

Keep dried or candied fruits in a tightly covered container in a cool place. It is not necessary to keep them at refrigerator temperature, although processors recommend it if they are to be kept for any length of time.

EJ:hb

-30-

Tempered Wallboard Resists Moisture

If you are building or remodeling your kitchen or bathroom and plan to use wallboard, it is advisable to use tempered wallboard where there is moisture, heat, or steam. Untreated wallboard is affected by dampness and may sag or buckle, says Dorothy Iwig, home furnishings specialist, University of Illinois.

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EJ:bb  
12-3-52





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 9, 1952

### Extra Patience Needed at Holiday Time

URBANA--Parties, programs, excitement, a host of relatives and other guests, and all the special events that make up the holiday season contribute to added emotional strain on the children in your family. Margueritte Briggs, child development specialist, University of Illinois College of Agriculture, has a warning word for parents during the busy weeks ahead:

"Don't expect perfect behavior from your children, because the holidays are apt to tax their self-possession, Miss Briggs advises parents. It may be wise to shut your eyes to temporary lapses in manners or slight deviations from your youngster's best deportment."

Parents need extra patience and understanding to make the holidays a harmonious and happy time for all the family. Stern disciplinary measures are not always effective when children are overwrought. To avoid unpleasant situations, it is frequently wise to warn the youngsters a little ahead of time when they must leave new and fascinating playthings for meals or bedtime.

"Remember, too," Miss Briggs says, "that children are frequently more truthful than tactful. Don't ask your small fry how he likes Great-Aunt Millie's gift unless you are fairly confident that his answer won't embarrass you."





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 10, 1952

### Lard Is Popular as a Cookery Fat

URBANA--Prices of bulk lard are down to about half what they were a year ago. This drop has already been reflected in lower prices for packaged lard on your grocer's shelves.

You'll find that the refined lard products you can buy today are a far cry from grandmother's kettle-rendered fats. The lard industry has made various changes in the refining processes that will please you.

According to meats specialist Sleeter Bull, University of Illinois College of Agriculture, refiners often add an antioxidant to lard. This is a substance that slows down the development of rancidity and so increases the keeping qualities of the lard.

Other packers partially hydrogenate lard. This gives a firm, white product with a bland flavor that many people prefer to the flavor of ordinary lard. Lard that has been hydrogenated will keep at room temperature without becoming sloppy or rancid, says Professor Bull.

Sometimes hydrogenated lard flakes are added to the lard in order to raise its melting point and keep it firm at room temperature. Some refiners add an emulsifying agent that simplifies the creaming process when you use lard for making pastry, cakes or cookies.

When you use lard in recipes, remember that it has a greater shortening value than any of the hydrogenated vegetable shortenings. If the recipe calls for hydrogenated fats, cut down the amount of lard you use by two tablespoons for each cup of other fat called for.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 11, 1952

### Gay Yule Decorations Can Be Inexpensive

URBANA--Ingenuity and imagination will add charm to your holiday decorations and can save you money as well, says Gladys Daniels of the staff of the home economics department, University of Illinois College of Agriculture. Beautiful and inexpensive decorations can be made from leaves, branches, seedpods and bearded grasses gathered along any highway or country lane. All of them can be given the glitter of fairyland with just a little effort, Miss Daniels says.

After you have gathered your materials, assemble a can of white enamel, a one-inch paint brush, mica Christmas snow and plenty of old newspapers. Spread the papers over a big area to guard against spattering and dripping paint. Beginning at the bottom of the branch and working toward the tips, paint the entire surface. While the paint is still wet, sprinkle generously with Christmas snow. A great deal of the snow will fall onto the papers, but you can gather it up and use it again. Apply as much paint and snow as possible to give sparkle. After the paint has dried, you can paste on silver, gold or colored sequins for a really dazzling effect. Tiny Christmas balls about an inch in diameter can be tied to the branches, too.

A small tree, three or four feet high, either evergreen or deciduous, may be mounted on a wooden block and treated in this manner.







# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 12, 1952

### Fit Is Important In Children's Clothes

URBANA--Good fit in clothing is as important to your child as it is to you, says Fern Carl, clothing specialist, University of Illinois College of Agriculture. Children don't like to wear garments that are too big and that they have to grow into. Ill-fitting garments are apt to be cumbersome and uncomfortable, and clothes that look large may make a child feel self-conscious.

Manufacturers of children's clothing are trying to help with the problem of children's growing out of their clothes by making garments that are expandable. Many of them have tucks in inconspicuous places that can be let out as the child grows. This system, which can also be applied to some garments made at home, makes the garment look well fitted to start with and yet provides for longer wear.

In buying children's clothes, Miss Carl suggests that you look for garments with these features: easy-fitting necklines, roomy armholes, adjustable shoulder straps and generous hems on skirts and trousers. These features provide for adjustment to growth and yet don't make the garment ill-fitting to start with.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 13, 1952

### Study Shows Small Sized Nuts Good Buy

URBANA--When buying nuts for cooking or for eating right from the shells, you may want to consider small and medium sized nuts instead of the larger ones. In a price study by a University of Illinois home economics class, small and medium sized nuts were found to be a more economical buy than large ones. Smaller sized nuts usually sell for less per pound. Mrs. Glenna Lamkin, foods specialist at the University, reports that, when shelled, the small-sized nuts were found to cost 6 cents less per cup than the large ones; medium sized nuts figured at  $2\frac{1}{2}$  cents less per cup.

A pound of nuts in the shell will yield about 2 cups of shelled nuts, which is about  $\frac{1}{2}$  pound in weight. Mrs. Lamkin suggests that you use this as a basis for comparing prices and that you consider price and use when you buy nuts.

Many kinds of nuts are sold in vacuum-pack cans. Although the price is usually higher, vacuum-packed nuts will keep fresh until the can is opened. Shelled nuts sold in packages that are not airtight may become rancid if kept for a long time.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 15, 1952

### Lard in Cakes Calls for Modified Method of Mixing

URBANA--Low prices for lard are causing alert homemakers to use more of it for cooking. When using lard in recipes, remember that it has a greater shortening value than any other fat. If the recipes call for hydrogenated fat, butter or margarine, decrease the amount of lard by two tablespoons for each cup of other fat called for.

For lard-shortened cakes of fine texture and flavor, one should not only use lard that is mild-flavored and smooth, but should also use a modified method of mixing the cake instead of the one bowl, quick-mix method.

Food specialist Frances Cook, University of Illinois College of Agriculture, suggests following this careful six-step procedure when using lard as the shortening:

1. Cream the lard and three-fourths of the sugar with a little milk (the added milk makes creaming easier); save the rest of the sugar to beat with the egg whites later.

2. Stir egg yolks into the rest of the milk (this varies from the usual practice of adding the eggs to the creamed sugar and lard).

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Lard in Cakes Calls for Modified Method of Mixing - add 1

3. Beat egg whites until stiff but not dry. Add the reserved fourth of sugar, and beat only until it has barely disappeared. This mixture is called meringue.

4. Sift the salt, flour and baking powder together three times.

5. Add part of the flour first, and then the milk and flour alternately in the usual way.

6. Carefully fold the meringue into the batter, pour into prepared pans and bake as for other shortened cakes.

Spices, chocolate or burnt sugar is often used to improve the flavor of cakes made with lard.

AJR:hi

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#### Mittens Are Waterproof for Winter Weather

URBANA--Windproof and waterproof mittens for children are now available, finished in rubber latex. They are practical for rugged winter play and can be kept bright and presentable, too, by frequent sponging with thick, warm soapsuds, says Fern Carl, clothing specialist, University of Illinois College of Agriculture. When the mittens need more thorough washing, squeeze them through warm, soapy water and rinse thoroughly in warm, clear water.

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EJ:mi  
12/10/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 16, 1952

### How to Defrost Turkey

URBANA--Is your Christmas turkey coming out of the freezer this year instead of directly from the barnyard? If so, here are a few tips on preparing frozen poultry from Anne Fluhr, foods specialist, University of Illinois College of Agriculture:

You may defrost the bird or not before cooking, Miss Fluhr says. However, if you do not defrost it, remember that it will take about half as long again to cook it. If you start cooking it when it is hard-frozen, you may take it from the oven when it is defrosted enough to handle, stuff it as you would a fresh bird and then continue the cooking. You will need to take special care to avoid high temperatures that might scorch the outside of the bird before the meat is cooked to the center.

There are several ways to defrost poultry, depending on the length of time you have before cooking. Whichever method you use, the bird should be cooked as soon as defrosting is complete, and while it is still very cold, or there will be excessive loss of juice.

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## How to Defrost Turkey - add 1

Defrosting in the refrigerator is considered the best method by a number of foods specialists, because slow defrosting will prevent excessive shrinkage and loss of juice, making the cooked bird more tender and juicy. Allow 3 to 6 hours of defrosting time per pound of bird. The shorter time per pound is for larger birds.

Poultry will of course defrost more rapidly at room temperature than in the refrigerator, and cooking results are good if the bird is put on to cook while still extremely cold. Allow about one hour of defrosting time per pound.

For speedier defrosting, the bird may be placed under a small stream of cold running water. The skin will prevent absorption of the water, and a medium-sized bird will defrost in 4 to 6 hours this way.

In an emergency you may defrost the bird in a very slow oven, 250 degrees F.

EJ:hi

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## Timetable for Roasting Young Birds Is Available

URBANA--When you roast your holiday bird, you won't need to stew about times and temperatures if you consult the handy timetable available for the asking from the University of Illinois College of Agriculture.

Frances Cook, foods specialist in the home economics department, prepared the timetable. It is printed on a four by six inch card you can slip into your recipe file for future reference.

In addition to time and temperature suggestions for chicken, capon, duck, goose, guinea and turkey, the timetable includes approximate amounts of bread crumbs you will need for making dressing for different sizes of birds.

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AJR:mi  
12/12/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 17, 1952

### Children's Snowsuits Take to the Washer

URBANA--Many snowsuits and other outer garments for young children are going into the automatic washer this year, much to the delight of young mothers. Most of these washable garments are of the new man-made fabrics, such as nylon or Orlon, used either alone or in blends.

Fern Carl, clothing specialist, University of Illinois College of Agriculture, suggests that you check the following details in selecting and caring for garments of this kind:

Miss Carl points out that it is not enough that the garment itself should be made of washable fabric. The interlinings, findings, facings and knitted cuffs must also be washable. If these parts shrink or fade in washing, the entire garment can be ruined. Check the labels carefully, Miss Carl suggests, to make sure the washability applies to all parts. Save the label to consult when you wash the garment. For best results, follow the manufacturer's washing instructions carefully.

Most man-made fibers used in such garments wash best with warm water and mild soap. They should be hung to drip dry or, if put into an automatic dryer, the heat should not be intense.

THE UNIVERSITY OF CHICAGO

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 18, 1952

### Watch the Watts and Save the Fuses

URBANA--Twinkling Christmas lights are part of the holiday cheer in thousands of American homes. When you brighten your home this year, watch out not to overload the electric circuits, says Frank Andrew, specialist in agricultural engineering, University of Illinois College of Agriculture.

The average string of tree lights varies from 60 to 80 watts, and ten is the maximum number of strings to fasten to one extension cord, Andrew says.

Electrical circuits in the average home carry about 15 amperes. One ampere will carry about 110 watts. In using electrical appliances, watch out that you don't go over the limit. Such appliances as the waffle iron, toaster and coffee maker all use a lot of current, so it is usually wise not to plug them all into the same circuit, or at least not have them all in use at one time.

Why not make an "electrical budget" to keep things under control? Figure up the total wattage of all the lamps and appliances you are operating on any one circuit, and divide the total by 110. Then place a ceiling on the number of appliances you'll use at any one time so that you won't go over the 15-ampere limit.



# Page 10

THE UNITED STATES OF AMERICA

IN SENATE

January 10, 1906

REPORT

OF THE

COMMISSIONER OF THE GENERAL LAND OFFICE

IN RESPONSE TO A RESOLUTION

PASSED BY THE SENATE

APRIL 10, 1905

WASHINGTON

GOVERNMENT PRINTING OFFICE

1906

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 19, 1952

### Turkey Talk

URBANA--If king turkey is to star at your holiday feast, you may welcome some tips from a foods specialist concerning his preparation. Geraldine Acker, University of Illinois College of Agriculture, offers these pointers for a perfectly roasted, attractively served bird.

To begin with, buy the right-sized bird for the number of persons you plan to serve. Allow 1/2 to 3/4 pound, dressed weight, for each person, says Miss Acker.

If you make the stuffing the night before, store it separately; then stuff just before cooking. Pack the stuffing loosely into the bird, to allow for expansion during roasting. It's never good practice to partly roast a large turkey one day, leave it out of the refrigerator overnight and finish cooking the next day. This will promote the growth of harmful bacteria.

It's bad business to prick the bird with a fork to see whether or not it is done--you'll let the juices out. A much better way to test for doneness is to move the drumstick with your fingers. When the joints break or move easily, the bird is cooked.

Plan to have the bird finish cooking 30 to 40 minutes ahead of serving time. It will be easier to carve and will give you time to remove the skewers and string used for trussing and to make the gravy.



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 20, 1952

### Fresh Spices Best for Zest

URBANA--Spices left open on the pantry shelf lose their flavor and aroma, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture. If the cinnamon on your pantry shelf has lost its rich cinnamonony smell, the chances are that it will add little flavor to the food in question.

To keep the flavor and fragrance longer, always keep spices in a tightly sealed container, Mrs. Lamkin suggests. Spices that come in metal containers that can be kept tightly closed, or those that come in glass jars with screw tops, will have longest shelf life. If you buy spices in cardboard cartons, transfer them to a container that can be tightly sealed. Unless you use more spices than the average homemaker, you will be wise to buy them in small quantities and replace them often in order to get the best fresh flavor.

Oils of some spices may be purchased in liquid form, and these have good flavor. Mrs. Lamkin recommends using oil of cinnamon and oil of cloves in making ketchup or chili sauce, or any dish where it is important to preserve the bright color of the ingredients.







# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 22, 1952

### Colds Cost Money

URBANA--The disease the doctors know the least about and the layman thinks he knows the most about is the common cold. If you're an average American, you're due to have two or three colds a year and will probably miss one to three days of work because of them. Furthermore, you will probably have the colds between November and March and are most apt to come down with them on Monday, according to the Illinois State Health Department.

From an economic standpoint, the common cold is our most costly disease, and yet there is no sure way to prevent getting a cold, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

The best way to avoid catching cold is to avoid the conditions that lower body resistance to infection, such as fatigue, undernourishment, overeating, exposure, irritation of nose and throat from excessive inhalation of dusts and hot, dry air. Another good preventive measure is plain common-sense hygiene and the most important phase of this is frequent hand washing.

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Colds Cost Money - add 1

Chances are that a cold won't kill you, but neglect of a cold may result in serious complications. Cold symptoms may be the beginning of a more serious disease.

"Go home and go to bed when you start to sniffle," says Miss Brimhall. Bed rest will decrease the severity of the disease, protect others from exposure, increase your general resistance and reduce the possibility of complications. If a fever develops or symptoms increase in severity after 24 hours, call the doctor. Don't use nose drops or inhalators or take other medication unless prescribed by the doctor.

EJ:mi

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#### Tips on Using Processed Cheese

URBANA--Processed cheese combines well with milk in cream sauce and casserole dishes. It is less apt to cause curdling than some other varieties of cheese, because it is a blend of ripened cheese that has been heated and to which an emulsifying agent has been added, says Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture. This emulsifying agent helps to prevent the separation of the fat.

Processed cheese will keep for a longer time than other cheeses because the heating destroys much of the bacteria and the enzymes that cause mold.

EJ:hi  
12/17/52

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 23, 1952

### Plaids Are Tricky to Sew

URBANA--Scots calls them tartans, we call them plaids. But no matter what they are called many a home sewer has difficulty in making garments of this colorful material. In selecting plaid material for home sewing, you may avoid trouble if you choose one with a design that is the same on all four sides--top and bottom and left and right--says Edna Gray, clothing and textiles specialist, University of Illinois College of Agriculture.

In unbalanced plaids the color lines that form the plaid are not repeated in the same order on the sides or top and bottom of the design. This makes matching difficult, especially on slanting seams. In using plaids of this type, you may have to be satisfied to match the horizontal lines and let the vertical one so unmatched.

If you select a plaid that has a definite white horizontal line, plan the skirt so that the white does not come at the hemline. A bright or dark stripe will look better than white at the bottom of the skirt.

Plaid material requires special care when the garment is cut out. Extra yardage is usually needed for matching. If the plaid is large, you may need as much as a yard more material than the pattern calls for.



THE UNIVERSITY OF CHICAGO

CHICAGO, ILLINOIS

TO THE PRESIDENT OF THE UNIVERSITY OF CHICAGO  
FROM THE DEAN OF THE FACULTY  
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 24, 1952

### How to Avoid the Draft

URBANA--Being "in the draft" is no joke from any viewpoint. You can do something about it, though, when the draft comes through an office or bedroom window.

There's a natural tendency for most of us to keep our homes too warm, says health specialist Pauline Brimhall, University of Illinois College of Agriculture. The most healthful temperatures for offices and homes is between 68 and 70 degrees Fahrenheit.

We need to open windows to air the room and keep the air moving. And of course we should see that we keep moisture in the air by having such things as humidifiers, pans of water, or house plants in the room.

A good way to cut out direct drafts is to use a window board. You can install one yourself--perhaps you can even make one. When the window board is in place, you can open the window about eight inches at the bottom and the board will deflect the draft.

Frequently made of plywood, though sometimes made of glass, window boards are as long as the width of the window and from 10 to 12 inches wide. They are held in place at the bottom of the window opening by a triangular support fastened to each end of the window frame. The bottom of the board rests on the sill, close to the window, and the board slants toward the inside of the room.

U. S. FISH AND WILDERNESS SERVICE

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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE



Merry Christmas





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 26, 1952

### Test Temperature of Washer Water

URBANA--Test the temperature of the water in your automatic washing machine before putting the clothes in, says Florence King, textiles specialist, University of Illinois College of Agriculture. Many home water heaters maintain a water temperature that is too hot to wash clothes most efficiently. Too hot water not only fails to get the dirt out of the clothes, but may damage certain fabrics. Some stains, such as egg or lipstick, are set in the fabric by water at high temperature.

Clothes should be washed in water not over 125 to 130 degrees Fahrenheit, Miss King says. At this temperature the water will feel hot to the hands but not burning. Woolens and man-made fabrics, such as nylon, Orlon, Dacron, Acrilon, Dynel and Vicara, should be washed in water at a much lower temperature.

If clothes need to be boiled to disinfect them, they should always be washed first, Miss King says.

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**SECRET**

REPORT MADE TO THE BOARD OF DIRECTORS

SECRET

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FOR RELEASE FRIDAY, DECEMBER 26, 1952

Chromspun, New Colorfast Fiber

URBANA--Chromspun, a fiber of Estron acetate, may be the answer to the homemaker's need for colorfastness in materials for home furnishings and clothing. Chromspun is reported to be colorfast not only to sunlight, but also to atmospheric fumes, perspiration, crocking, washing and dry cleaning.

Soon you will be finding this member of the acetate family in dresses, suits, blouses, sportswear, rainwear and accessories. It is being woven into satin, taffetas, twills, failles, reps and jacquards and into plain and plaid fabrics, says Florence King, textiles and specialist, University of Illinois College of Agriculture.

Chromspun has been used successfully by the United States Navy for sailors' neckerchiefs. The sailors found that kerchiefs made of this fiber didn't crock off onto their white blouses. Moreover the color didn't bleed in washing.

Although at first Chromspun was manufactured in black only, it is now being produced in a wide range of colors.

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EJ:mi  
12/22/52

THE UNITED STATES GOVERNMENT  
 DEPARTMENT OF THE INTERIOR  
 BUREAU OF LAND MANAGEMENT  
 WASHINGTON, D. C. 20250

THE UNITED STATES GOVERNMENT  
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# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 27, 1952

### Durable Is the Word For Pleats

URBANA--Durable, not permanent, is the word for the long-lasting pleats in the new skirts so popular this season, says Edna Gray, clothing and textile specialist, University of Illinois College of Agriculture. To be precise, Miss Gray points out, nothing is permanent, and manufacturers of the new acrylic fibers used in pleated garments prefer the term durable.

Skirts made of material that is about half acrylic fiber have retained pleats through numerous washings or dry cleanings. Such garments may be hand washed or can be washed in the washing machine with special care. One manufacturer of durably pleated skirts suggests you use lukewarm water and mild soap or detergent, and that the entire time cycle for the washing be not more than 11 minutes. He suggests a three-minute wash cycle and two three-minute rinses. Spin drying is not recommended because excessive spin drying will cause wrinkles. After washing remove excess water by squeezing gently by hand, beginning at the top and running the hand down to the bottom. Repeat several times. Shake the garment and hang by the top. Your may finger press the pleats while the garment is quite damp, or

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Durable Is the Word For Pleats - add 1

you may lightly press the pleats with a warm iron when the skirt is dry. Either method will restore the pleats to their original sharpness.

Pleated skirts of acrylic blends can be shortened at the hemline. The pleats may be pressed out with a steam iron and pressed in again after the hem is turned. The section of the pleats thus treated may not be quite as sharp as those in the rest of the skirt, but the difference will not be noticeable.

You can produce durable pleats at home in fabrics made of blends of wool and acrylic fibers. Use material that has an acrylic fiber content of about 50 percent. In pleating the skirt use plenty of steam and a warm iron. A press cloth will protect the fiber from glaze.

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EJ:mi  
12/23/52



# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 29, 1952

### Guide Your Child to Safe Living

URBANA--The holiday season is a time for all children to have fun--but don't let them risk their lives in an accident that can be prevented.

Parents should help a child build up an immunization against accidents by making sure he takes proper safety precautions throughout the day, believes Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Youngsters in the bicycle and sled riding stages should know and practice the important traffic rules that are made for the protection of everyone. Above all, impress upon your child that it is most important he keeps alert at all times, and doesn't try to show off on his bike.

Motor vehicle accidents, burns, drowning, falls and poisons are the most common causes of fatal injuries. As manager of the home, a mother can take special care in cooking, and see that pot handles are turned in from the edge of the stove or table. Also, she'll want to keep poisonous household cleaners such as lye, cleaning fluid, gasoline and all medicines out of the child's reach.

A young child should have adult supervision during outdoor play, especially if he is not in a fenced yard or playground. From the child's earliest years, let minor accidents teach him the dangers in his everyday world, says Miss Brimhall.





# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 30, 1952

### Test Thread and Stitch When Sewing Nylon

URBANA--When you are sewing a garment of all nylon or of part nylon material, use a very fine, sharp, new, sewing machine needle. Take time to experiment with the thread, with the tension and with the length of stitch on your sewing machine, says Fern Carl, clothing and textiles specialist, University of Illinois College of Agriculture.

Most manufacturers of nylon material and of material of nylon fibers blended with cotton, wool, or rayon recommend using nylon thread. However, with some of these fabrics a mercerized cotton thread will work better. When winding nylon thread on the sewing machine bobbin, be sure it winds evenly but not tightly. Don't allow the thread to pile up on one side of the bobbin. If the machine seems to be winding the thread too tightly or unevenly it may be best to wind the bobbin by hand.

Try out the stitch and tension of your machine on a piece of the nylon material before you start to sew the garment. If the fabric tends to pucker lengthen the stitch and loosen the tension. If it still puckers, hold the material firmly in front and in back of the needle and guide it through the tension. Don't pull the material tight; stitch slowly. Never try to sew nylon over pins. If the material still tends to pucker try sewing the seams over paper. The paper can be torn off after the stitching is done.

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1. 1990年12月1日以前，凡在《中国图书分类法》(第三版)中，属于“文学”类的图书，其分类号均按“文学”类进行分类。

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1. The first step in the process of the investigation is the identification of the problem. This is done by the investigator who is assigned to the case. He or she will interview the witnesses and the victim, and will also look at the evidence that is available. The next step is to determine the cause of the problem. This is done by the investigator who will look at the evidence and will try to find out what happened. The third step is to determine the responsibility for the problem. This is done by the investigator who will look at the evidence and will try to find out who is responsible. The fourth step is to determine the solution to the problem. This is done by the investigator who will look at the evidence and will try to find out what can be done to prevent the problem from happening again.

1. The first of these is the fact that the  
2. Government has not been able to secure the  
3. necessary funds to carry out its policy.  
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6. funds to carry out its policy.

# Homemaking

## Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 31, 1952

### French Chocolate For Party Fare

URBANA--French chocolate is delicious party fare for a club or 4-H meeting, or it is a special treat for the youngsters on a winter day, suggests Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture. A good feature of this nourishing drink is that you can prepare the sauce ahead of time and, if any is left over you can store it in the refrigerator for later use. French chocolate is attractive to serve too, Dr. Fuqua points out, if you heap the sauce in a pretty glass bowl and have the hot milk steaming in a decorative pitcher.

Here is how you make enough for ten persons:

|                         |                            |
|-------------------------|----------------------------|
| 2 1/2 squares chocolate | 1 teaspoon vanilla         |
| 1/3 cup water           | 1 cup cream, whipped.      |
| 2/3 to 3/4 cup sugar    | 2 quarts skim milk, heated |

Cook the chocolate with the water until thick, stirring to prevent sticking; add the sugar and salt. Let the mixture boil up once; remove from the fire; cool. Fold in the vanilla and whipped cream. You will have about 2 1/2 cups of sauce. Place a generous spoonful of sauce in each serving cup and add hot skim milk to fill the cup; then stir. Reconstituted dried skim milk may be used.

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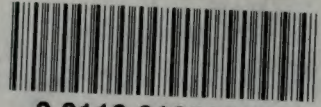








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